

# Fayette Family News

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Fayette Family Medicine

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March is:

National Colorectal Cancer Awareness Month

Fayette Family Medicine

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*Be the change  
you want to see  
In the world.*

## Updating Patient

### Information:

Please notify our office  
of any changes in...

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Emergency contacts.

*(We can't help you,*

*If we can't get reach you.)*

During National Colorectal Cancer Awareness Month, these important points about colorectal cancer are communicated:

- Colorectal cancer can be prevented.
- Screening for colorectal cancer can identify polyps - grape size growths in the colon and/or rectum. These can be removed to prevent cancer from ever occurring.
- Starting at age 50, men and women who are at average risk for colorectal cancer should get screened. Men and women who have a higher risk of the disease may need to be tested earlier and should talk to their health care professional about when.
- No matter what your age, know the risk factors, know the symptoms, know your family history.
- Colorectal cancer is treatable.
- Talk with your health care professional today.

Colorectal cancer — cancer of the colon or rectum — affects both men and women. Approximately 90 percent of colorectal cancers and deaths are thought to be preventable.

The risk of developing colorectal cancer increases with age. Starting at age 50, men and women who are at average risk for the disease should get screened. Some people are at a higher risk for developing colorectal cancer and may need to be tested earlier. Because of disproportionate screening, minorities, particularly African-Americans and Hispanics, are more likely to be diagnosed with colorectal cancer in advanced stages. As a result, death rates are higher for these populations than they are for white Americans. Recent research has shown that African Americans are more frequently diagnosed at a younger age, and experts now suggest that African Americans begin screening at age 45.

There are colorectal cancer-screening tests widely available. However, the frequency of these types of screening varies depending upon a person's medical history. Talk to your health care professional about which screening procedure is right for you and how often you should be screened. If you are due for a colonoscopy please contact Dr. Skaggs at 276-5566.

The 5-year survival rate of colorectal cancer is...

91% with localized disease,

60% with regional spread,

6% with distant metastases.

## Osteoporosis Drug: How Long?

How long should patients take a bisphosphonate? For most women, the answer seems to be five years— but perhaps no longer.

Investigators followed 1,100 older women with osteoporosis who had already taken alendronate (Fosomax) for five years. The patients were randomized for five more years to

placebo, 5mg alendronate a day, or 10mg alendronate a day.

Women who had discontinued alendronate ( the placebo group) showed a moderate decline in bone mineral density (BMD) and a gradual rise in biochemical markers. However, they experienced no higher non-vertebral fracture risk than

those who continued alendronate, and their incidence of clinical vertebral fractures was low (5.3% over the five years). The investigators concluded that “for many woman, discontinuing alendronate after five years for up to five years does not significantly increase fracture risk” (JAMA. 2006; 296:2927-2938).

## Cancer patients’ time gets a price tag

The hours spent sitting in doctors’ waiting rooms, in line for CT scan, watching chemotherapy drip into veins: Battling cancer steals a lot of time – at least \$2.3 billion worth in the first year of treatment alone. So says the first study to try to put a price tag to the time that people spend being treated for 11 of the most common cancer.

Even more sobering than the economic toll are the tallies, by government researchers, of the sheer hours lost to cancer care: 368 hours in that first year after diagnosis of ovarian cancer; 272 hours being treated for lung cancer, 193 hours for kidney cancer.

Compare that to cancers with worse survival rates, largely be-

cause they are usually caught late: Ovarian cancer patients struggle the most, spending 21 days in the hospital that first year and 368 hours overall getting care. Patients with gastric cancer and lung cancer fared almost as badly, spending about 21 days and 15 days in the hospital respectively, and 351 and 272 overall hours in treatment.

That doesn’t count the hours spent home in bed recovering from surgery or weak from chemo, just time spent actively getting care— chemo or radiation therapy, blood tests or cancer scans, surgery or check-ups, driving to medical appointments and waiting your turn.

How much a disease costs soci-

ety plays an important role in policy-making, such as how much to invest in medical research. But it’s hard to calculate the value of a patients time getting care.

### The 11 most common cancers:

1. Breast
2. Colorectal
3. Corpus Uteri
4. Gastric
5. Head and Neck
6. Lung
7. Melanoma of the skin
8. Ovarian
9. Prostate
10. Renal
11. Urinary bladder

## Orlistat Is First OTC Weight-Loss Product to Get FDA Approval

Orlistat will soon be available to consumers without a prescription, marking it the first weight-loss product available over the counter that has been recognized by as safe and effective.

Orlistat is to be taken three times a day and works by blocking fat absorption in the intestine. The fat blocked is then excreted. So Orlistat users can have unpleasant side effects such as flatulence, diarrhea, oily

stool and an urgent need to defecate. Those effect are more severe when high-fat food are eaten.

As a result of these side effects, users will be told to take a multivitamin at bed time to replace fat-soluble vitamins that may not be absorbed as a result of the therapy.

Use of this drug is not intended for those who are not

overweight, it is intended for persons with a body mass index of 27 kg/m<sup>2</sup> and over. (Ask your physician if you are eligible.)



## Did You Know ?

You can access

Fayette Family Medicine Online

At

[www.fayetfamilymed.com](http://www.fayetfamilymed.com)

Read Patient Newsletters,  
Check Office hours, or  
Get Directions to our office.

## Doctor charged in drug case

A doctor in Monroe County has been arrested for prescribing drugs to a patient so he could sell them to pay bills, Kentucky State Police said Yesterday. James E. Carter, 74, of Tompkinsville, is charged with distributing drugs without a medical purpose. KSP’s Drug Enforcement Special Investigations West Branch, KSP Post 15 and the Drug Enforcement Administration conducted a three-year investigation that resulted in Carter admitting to prescribing Tylox pills twice between Jan. 23, 2003, to Feb. 27, 2003, without medical reason, police said. Carter faces up to 10 years in prison, a 500,000 fine and three years of supervised release. (Lexington Herald-

## Folic acid and CVD risk

Folic acid, widely touted as a heart-healthy supplement , neither increases nor decreases the risk of cardiovascular events or all-cause mortality in patients with a history of cardiovascular or end-stage renal disease.

Twelve trials showed that supplements lowered blood homocysteine levels, but the reduction didn’t correlate with any specific clinical outcome (JAMA. 2006;296:2720-2726).