

Fayette Family Medicine

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ACS Advises MRIs for some at High Risk of Breast Cancer

Certain women with an especially high risk of developing breast cancer should get magnetic resonance imaging (MRI) scans along with their yearly mammogram, according to a new American Cancer Society guideline. The two tests together give doctors a better chance of finding breast cancer early in these women, when it is easier to treat and the chance of survival is greater.

MRI scans are more sensitive than mammograms, but they are also more likely to show spots in the breast that

may or may not be cancer. Often there is no way of knowing whether or not these spots are cancerous without a biopsy or some other invasive procedure. That is why the test is not recommended for women with an average risk of breast cancer, the guideline says.

For women of average risk, ACS recommends getting annual mammograms and breast exams by a physician, beginning at age 40. Most high-risk women should begin getting MRIs and mammo-

grams at age 30, the new guideline says, unless they and their doctor think it's better to begin at a different age.

If you are due for a mammogram please contact

(859)260-2650

to schedule a screening.

For more information about the risk of breast cancer and prevention methods check out www.acscsn.org/

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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...

current Phone numbers,
Addresses, or

Emergency contacts.

(We can't help you,

if we can't get reach you.)

Earth Day is April 22

To celebrate the upcoming holiday, we have put together a few easy suggestions that may help you to be more environmentally conscious for our future.

1. Recycle your plastic, paper and glass.
2. Take turns carpool-

ing to work each day. The fewer cars on the road, the less car pollution emitted each day to our air.

3. Plant a tree in memory of a loved one. Not only is it a wonderful memorial that you can watch grow, it also

purifies the air.

4. Eat more vegetables and fruits. (This is also a very healthy habit to start.)

If you want other helpful tips on how to be more environmentally friendly for Earth Day checkout the official Earth Day web site at www.earthday.net

HPV and Cervical Cancer

Human Papillomavirus (HPV) is the name of a group of viruses that infect the skin. There are more than 70 different types of HPV. Certain types of HPV cause warts on the hands and feet, and other types can cause warts on the genitals. But some people never have warts they can see and many never get warts, so most people with HPV don't know they have it. About 30 of these types are sexually transmitted and cause genital HPV. Some types of genital HPV may cause genital warts, while

other types of genital HPV are linked to abnormal cell changes on the cervix (detected through Paps.)

HPV Fast Facts:

- HPV can be detected with a HPV DNA+PAP test.
- HPV DNA tests can help screen for cervical cancer which is linked to HPV.
- Women should get checked for HPV at age 30 even if regular pap results are normal.
- Over 4,000 women each

year die of cervical cancer in the U.S.

- Over 14,000 cases of cervical cancer are diagnosed in the U. S. each year.
- Cervical cancer is highly curable if detected early.

Please contact Dr. Skaggs if you are due for your yearly physical. You can schedule an appt by calling our office at (859) 276-5566. It's never too late to start practicing good preventative health habits.

Which risks are the most common causes of death in the United States?
(pick top three)...

- Car Accidents
- Alcohol
- Murder
- Medical Errors
- Food poisoning
- Chartered Flights
- Fires
- Commercial Flights
- Lightning
- Nuclear Industry
- Shark attacks

(ANSWER: They are listed from highest to lowest.)

Too many pills exacerbate perils of aging

While pharmaceutical advances have improved quality and length of life for many older patients, there is still a dark side that requires attention.

That dark side involves medication overuse and the associated risk of adverse events. A lot of prescribing is actually good medicine, because there's a lot more option for prevention, but polypharmacy is an everyday occurrence in

doctor's offices, nursing homes and hospitals, and the use of multiple medication can reduce a patient's optimal function.

Older patient are particularly vulnerable to over prescribing as well as taking more over-the-counter meds than they may need, experts say. For starters, seniors are more likely to have one or more chronic medical condition that requires attention. They

also might want treatments for signs of normal aging.

This phenomenon can be particularly hazardous to this age group because the sheer volume of pills can reduce adherence to the most crucial ones and up the chance that all medicines will be taken incorrectly. Their physiology is also more susceptible to drug-related side effects.

SUPER SIZE ME!!!

A "fast food meal now has 1,500 calories; the same type of meal in 1950 had 600 calories.

Dr. Skaggs is using a new tool to help you manage your health care. Visit How's Your Health at...

www.HOWSYOURHEALTH.org

And use our pass code FFM 276 to take the online survey .

Are you having trouble quitting?

Have you tried to quit smoking, but just can't kick the withdrawals? Well here are some suggestions that may help you deal with the withdrawal symptoms that come from nicotine addicted smoking.

1. Avoid- people and places where you are tempted to smoke. Later on you will be able to handle these with more confidence.
2. Alter- your habits. Switch to juices or water instead of alcohol or coffee. Take a different

route to work. Take a brisk walk instead of a coffee break.

3. Alternatives- Use oral substitutes such as sugarless gum or hard candy, raw vegetables such as carrot sticks, or sunflower seeds.
4. Activities- Do something to reduce your stress. Exercise or do hobbies that keep your hands busy, such as needlework or woodworking, which can help distract you from the urge to smoke.

Take a hot bath or read a book.

5. Deep Breathing- When you smoke, you breath deeply as you inhaled the smoke. When the urge hits now, try deep breathing and picture your lungs filling the with fresh air. Remind yourself why you quit smoking.
6. Delay- If you feel like you are going to light up, wait at least 10 mins. Delaying will slow you to move beyond the urge.

Over the next 10 years,

the most deaths would be prevented for a ?????

1. Smoking 57 year old woman who had quit smoking
2. 57 year old who had annual mammograms
3. 57 year old women who had tests for colon cancer
- 4.

(ANSWER: The smoker who quits.)