

GOOD HEALTH *News*

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www.mypreventivehealth.com

Colorectal
Cancer (CRC)

**You Could
Be At Risk**

Colorectal
Cancer Is Curable

**Learn The Early
Warning Signs**

**Why Your Colorectal
Screening Can Save
Your Life**



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We welcome your comments and suggestions.

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IN THE NEWS:

- My Preventive Health welcomes Ms. Sandra Andrews, in her position as the Chief Executive Officer of My Preventive Health
- Dr. Layne will be given 2 Television broadcasts on TBN, the Trinity Broadcasting Network on the subjects of Nutrition and Cancer Prevention. Stay tuned for air-times
- My Preventive Health invites you to visit www.MyPHVoice.com, the new Social Network (interactive website) that is under construction

COMING IN THE NEXT ISSUE:



GET IN SHAPE FOR THE SUMMER WITH TABB® WEIGHT LOSS PROGRAM: Get ready! Summer is here. Get you in your bikini shape with the Trim And Beautiful Bodies (TABB®) Weight Loss program from Chef Gary at My Preventive Health. In the next issue of Good Health News, you will receive:

- Chef Gary's Recipes for delicious Breakfasts, Lunches & Dinners
- Convenient Shopping Lists
- Calorie counts for each meal
- Fast Food alternatives for busy execs on the road
- Healthy, delicious Snacks that won't ruin your diet



BLACK FEMALES MAY HAVE A HIGHER RISK FOR COLORECTAL CANCER? Some recent evidence suggests that black females may be at higher risk for CRC and may need to be screened at an earlier age. Save a life by telling your family and friends!

WHAT IS COLORECTAL CANCER SCREENING? There is no reason to fear CRC screening. It can be as simple as a routine physical exam. If you need a Colonoscopy, new types of pain medicine can now make this exam totally painless.

Colorectal Cancer (CRC): How To Decrease Your Personal Risk

We always begin our discussions on Cancer by reminding you that the best way to decrease your personal risk for all cancers, including Colorectal Cancer is to obtain all of the Cancer screening tests that are recommended by the American Cancer Society for patients in your age group. In the next two editions of Good Health News® we will focus on the important subject of Colorectal Cancer Screening. Our goal is to show you how to decrease your personal risk of developing Colorectal Cancer.

COLORECTAL CANCER (CRC) SCREENING QUESTIONS

Q: What is Colorectal Cancer?

A: CRC is a potentially curable cancer of the Colon or large bowel. The rectum is the last part of the colon

Q: Why does everyone need to be screened?

A: Because this cancer can be cured if it is found early

Q: What do I have to do?

A: Just tell your doctor that you want to be screened

Q: What does the screening entail?

A: A simple Physical Exam and a test of your stool for blood. Your doctor will tell you if you need additional tests such as a Colonoscopy

Q: How will I know if I need a Colonoscopy?

A: Your doctor will help you decide this but there are some general rules that are outlined in our next issue of Good Health News

IMPORTANT THINGS YOU NEED TO KNOW ABOUT COLORECTAL CANCER (CRC) SCREENING

- CRC is preventable, treatable, and curable when it is found early
- Screening for Colorectal Cancer is CHEAP, QUICK, PAINLESS AND CAN SAVE YOUR LIFE
- There are steps that you and your loved ones can take right now prevent CRC and to find CRC that you may not know that you have in your body.
- Most people do not know that they have early CRC unless they are screened.
- There are steps that you must take to prevent this cancer from growing and spreading in your body
- SCREENING FOR COLORECTAL CANCER IS NORMALLY PAID FOR BY YOUR INSURANCE COMPANY



DEADLY MISTAKES YOU WANT TO AVOID IN DEALING WITH COLORECTAL CANCER (CRC)

- DON'T try to manage the early symptoms of CRC like rectal bleeding on your own to see if the symptoms will go away. See your doctor right away.
- DON'T ignore early warning symptoms and try to handle them on your own. Talk to your doctor. Early diagnosis of CRC can save your life!
- DON'T assume that rectal bleeding is due to "a hemorrhoid" even if you feel a hemorrhoid in your rectal area. Rectal bleeding can be one of the early warning signs of CRC
- DON'T forget to tell your immediate family members to get screened if a colon polyp or early Colorectal Cancer was found on your screening Colonoscopy. CRC runs in families
- DON'T forget that CRC can occur at any age. You are never too young or too old to develop CRC

Colorectal Cancer is a curable cancer

Over the past 25 years, CRC screening has markedly reduced the death and disability from CRC in most of the developed countries of the world. **Here are some actual cases from our patient files to help you understand how CRC screening can save your life.** The personal data on these patients have been changed to protect their identities:

CASE # 1: My best friend Cindy encouraged me to have CRC screening at age 45 and saved my life: [JC, Atlanta, GA, USA]

My best friend Cindy is Caucasian and had her first Colonoscopy at age 51. Her doctor found 3 non-cancerous polyps that were safely removed. Cindy shared her information with me and I was so happy for her. The doctor told Cindy that people who smoke, people who are obese and black females are at increased risk for CRC and should be screened at an earlier age. I am a black female and I am only 47 years old, but I smoke half pack of cigarettes per day. Cindy encouraged me to get a Colonoscopy. Two months later I had my first Colonoscopy. Five colon polyps were found, including one that had early colon Cancer. All of my polyps were safely removed and fortunately, I needed only routine colon follow-ups. I have stopped smoking on my doctor's advice. Thank God for my friend Cindy

CASE # 2: I ignored my rectal bleeding for more than a year because I didn't have Health Insurance and I didn't want to upset my children. [GW, Akron, OH, USA]

I was 54 years old and had 2 grown daughters who were building successful professional careers. For more than a year I had noticed some spots of blood on the toilet paper when I cleaned myself after bowel movements. I had ignored the blood, thinking that it was coming from some old 'hemorrhoids' that I had developed the birth of my first child many years ago. I didn't have health insurance and I just didn't want to disturb my children's lives. After about 12 months the rectal bleeding became more frequent and I started to develop painful cramping in my stomach after each bowel movement. After about 18 months my children noticed that I was losing my energy and losing weight. They insisted that I go the doctor for CRC screening. The doctors evaluated me and informed me that I had Colorectal Cancer that had spread to my liver. I underwent surgery to remove most of the cancer and I am still undergoing Chemotherapy. I now have to wear a permanent Colostomy bag.

CASE # 3: My husband forced me to have Colon cancer screening! My doctors caught my Colon cancer just before it

had spread outside the colon [JD, Stone Mountain, GA, USA] I had just turned 50 and thought that I was in great health. I had no colon symptoms. My husband is a 'health nut' and he had had his CRC screening 3 years earlier when he turned 50. His doctors found several colon polyps that were removed and were all found to be free of Cancer. When I turned 50, my husband insisted that I go to the doctor for CRC screening even though I had no symptoms. I was annoyed but reluctantly followed his advice. My colonoscopy showed a large rectal polyp that had developed cancer in the tip of the polyp but had not yet spread to the surrounding colon. The polyp was successfully removed during the colonoscopy. Fortunately for me, further testing showed no evidence of cancer and I was told that I needed only routine follow up with my doctors. I still find it hard to believe that I had had absolutely no symptoms of colorectal cancer. My husband saved my life!

CASE # 4: I had just turned 40 and thought I was too young to develop Colorectal Cancer [ML, West Haven, CT, USA] I had just celebrated my 40th birthday when I developed persistent constipation and an unusual pain in the left side of my abdomen. I took some laxatives but they didn't seem to help. I discussed the situation with my wife. She panicked (or at least I thought she did) and insisted that I see her doctors at My Preventive Health. The doctors found traces of blood in my stool and ordered further testing including a Colonoscopy. The results showed that I had a Cancer that was partially blocking my colon. I underwent surgery to remove the Cancer and the adjacent lymph nodes. Further testing showed that the cancer had spread to 2 of the nearby lymph nodes in my abdomen and I was immediately started on Chemotherapy. Fortunately I did not need to have a colostomy bag and 3 years later I am still cancer free. After my surgery, I immediately called all the adult members of my immediate family and advised them to get CRC screening as soon as possible.

