

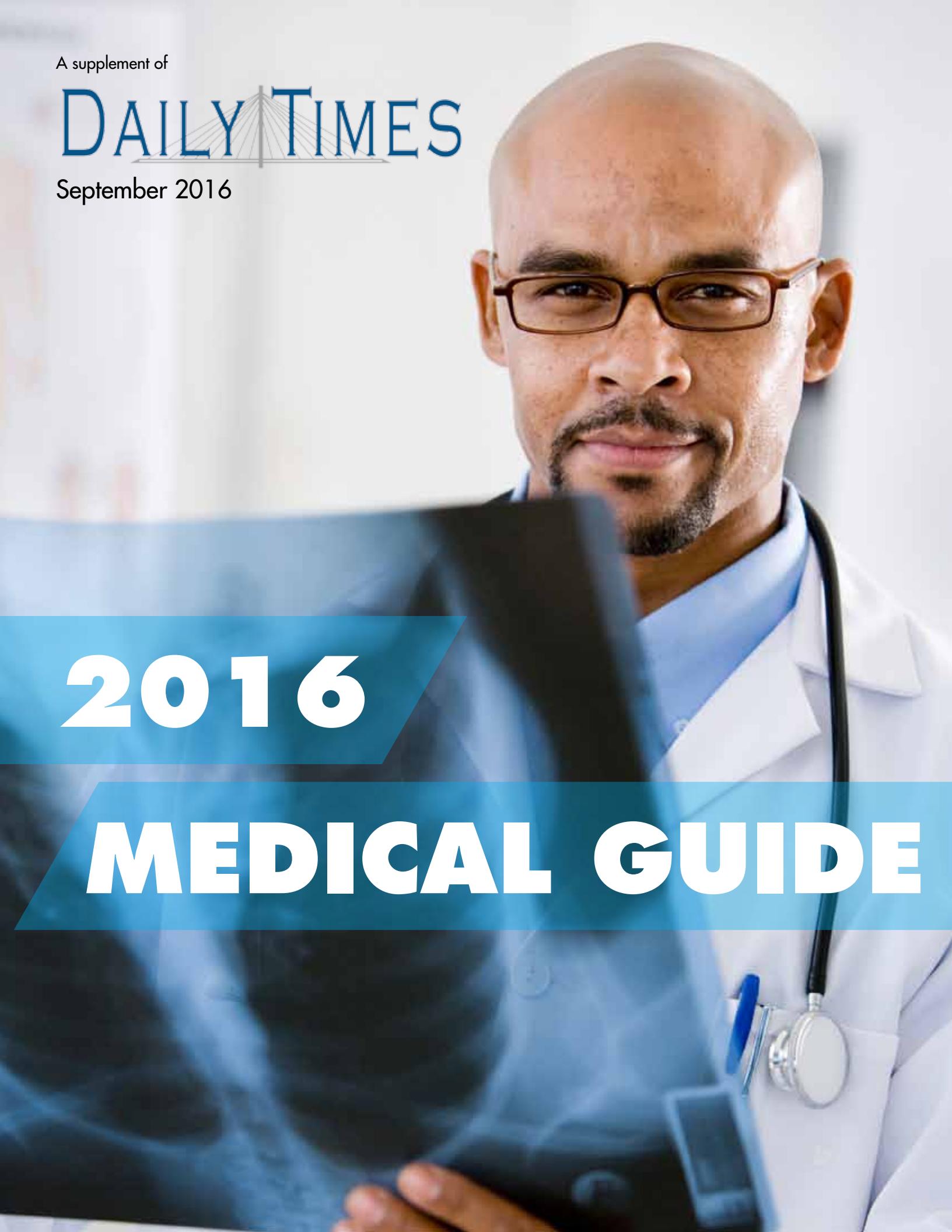
A supplement of

DAILY TIMES

September 2016

2016

MEDICAL GUIDE



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## Help your body bounce back after cancer treatment

Cancer treatments like chemotherapy and radiation therapy can take a toll on patients' bodies. Though the side effects vary depending on the type of cancer and the treatment being administered, cancer patients may experience both short- and long-term consequences related to their treatments, leaving many with some work to do once their treatments have proven successful.

Fatigue, bruising and bleeding and skin irritation are some of the more common short-term side effects associated with cancer treatments. But cancer patients may also experience long-term side effects. For example, Susan

G. Komen®, a tax-exempt organization that aims to address breast cancer through various initiatives, notes that early menopause is a potential long-term consequence of breast cancer treatments.

Helping their bodies recover after cancer treatment is a primary goal for many cancer survivors. While cancer survivors should work with their physicians to devise a post-treatment recovery plan, the following are some helpful tips for survivors to keep in mind as they get back in the swing of things.

- Recognize the importance of exercise. Cancer survivors who did not exercise much prior to

their diagnosis should recognize the important role that exercise can play in their lives going forward. According to the Mayo Clinic, cancer survivors who exercise may benefit from improved mood and sleep, and many report feeling less anxiety than they did during or prior to treatment. And the American Cancer Society notes that some evidence suggests that maintaining a healthy weight, eating right and being physically active may reduce the risk of cancer recurrence and other serious, chronic diseases.

- Take it slow. Cancer survivors should approach their post-treatment recovery slowly at first as they reacclimate their bodies to regular exercise. According to the ACS, cancer survivors should aim for at least 30 minutes of exercise five or more days per week. As the body grows more accustomed to exercise, survivors can increase the intensity and duration of that exercise. But some low-intensity yet routine exercise once treatment has ended is a great first step on the path to recovery.
- Don't downplay feel-



# What exactly is cancer?

Cancer can affect anyone. Sometimes it strikes with no warning, while other times people may have a genetic predisposition. Various medical organizations say there are between 100 and 200 different types of cancer. Everyone has heard of cancer, but some are still unsure of what cancer is.

### Defining cancer

The organization Cancer Research UK defines cancer as abnormal cell growth. Cancer cells are cells that divide in an uncontrolled way. New human cells normally grow and divide to form new cells as the body requires them. As healthy cells grow old or become damaged, they die off and new cells take their place. However, when cancer develops, this process goes haywire. Damaged cells become even more abnormal and can survive when they would normally die. These cells keep multiplying and eventually can form lumps or masses of tissue called tumors. This is the case in most cancers, with the exception of leukemia, wherein cancer prohibits normal blood function due to abnormal cell division in the bloodstream.

Not all lumps in the body are tumors. Lumps that remain in place and do not spread to other areas of the body can be harmless or benign. According to the American Cancer Society, cancerous tumors are malignant, which means they can spread into, or invade, nearby tissues. Cancer stages actually are determined based by how far cancerous cells have spread beyond their point of origin.

### Cancer stages

Cancer is staged according to particular criteria based on each individual type of cancer. Generally speaking, lower stages of cancer, such as stage 1 or 2, refer to cancers that have not spread very far. Higher stages of cancer, such as 3, mean cancer has branched out more. Stage 4 refers to



cancer that has spread considerably.

### Common forms of cancer

Cancer can occur just about anywhere in the body. Cancers of the breast, lung, colon, and prostate cancers affect males and females in high numbers.

Classifying cancer involves understanding where the cancer originated. Cancer Treatment Centers of America offers these classifications:

- Carcinomas begin in the skin or tissues that line the internal organs.
- Sarcomas develop in the bone, cartilage, fat, muscle or other connective tissues.
- Leukemia begins in the blood and bone marrow.
- Lymphomas start in the immune system.
- Central nervous system cancers develop in the brain and spinal cord.

Cancer is treated in various ways and depends on the cancer's stage, type and effects on the body. A person's age as well as his or her current health status also may play a role in treatment decisions made by both the patient and his or her medical team. Surgery may be

conducted to remove a tumor, while chemotherapy employs chemicals to kill cancerous cells. Radiation therapy, which uses X-rays to direct radiation toward cancerous cells, is another potential cancer treatment. The side effects of each treatment vary, and there are ways to mitigate these effects.

### Why does cancer occur?

Cancer develops for various reasons — some of which may not be fully understood. The National Cancer Institute states genetic changes that cause cancer can be inherited from a person's parents. Cancers can also arise during a person's lifetime as a result of errors that occur as cells divide or because of damage to DNA that results from certain environmental exposures. Cancer-causing substances include the chemicals in tobacco smoke. Ultraviolet rays from the sun also have been linked to cancer.

Learning more about cancer can help people reduce their risk for developing this potentially deadly disease. Individuals should always speak with their physicians if they have specific questions about cancer.

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# Managing prediabetes or diabetes

Diabetes and its precursor is a major problem, both in the United States and across the globe. In 2015, a study published in the Journal of the American Medical Association revealed that nearly 50 percent of adults living in the United States have diabetes or prediabetes, a condition marked by higher than normal blood glucose levels that are not yet high enough to be diagnosed as diabetes. Meanwhile, the World Health Organization reports that the global prevalence of diabetes figures to rise from 8 percent in 2011 to 10 percent by 2030.

Preventing diabetes should be a priority for men, women and children, but management must take precedence for the millions of people who have already been diagnosed with prediabetes or diabetes. According to the American Heart Association, making healthy food choices is an essential step in preventing or managing diabetes. Making those choices can be difficult for those people who have never before paid much attention to their diets, but the AHA offers the following advice to people dealing with prediabetes or diabetes.

- Limit foods that may worsen your condition. Some foods, including fiber-rich whole grains and fish like salmon that are high in omega-3 fatty acids, can help people with prediabetes or diabetes. But many more foods must be limited, if not largely ignored. Limit

- Document your eating habits. The AHA recommends that people with prediabetes or diabetes maintain a food log to see how certain foods affect their blood glucose levels. Within 60 to 90 minutes of eating, check your blood glucose levels to see how your body reacts to the foods you eat. As your food log becomes more extensive, you will begin to see which foods match up well with your body and which foods you may want to avoid.

- Plan your meals. Hectic schedules have derailed many a healthy lifestyle, but people who have been diagnosed with prediabetes or diabetes do not have the luxury of straying from healthy diets. Plan your meals in advance so your eating schedule is not erratic and your diet includes the right foods, and not just the most convenient foods. Bring lunch and a healthy snack to work with you each day rather than relying on fast food or other potentially unhealthy options in the vicinity of your office.

- Embrace alternative ingredients. Upon being diagnosed with prediabetes or diabetes, many people assume they must abandon their favorite foods. But that's not necessarily true. Many

dishes can be prepared with alternative ingredients that are diabetes-friendly. In fact, the AHA has compiled a collection of diabetes-friendly recipes that can be accessed by visiting [www.heart.org](http://www.heart.org).

A prediabetes or diabetes diagnosis requires change, but these conditions can be managed without negatively affecting patients' quality of life.



## Did you know?

A prediabetes diagnosis means you have higher than normal blood glucose levels, but not high enough to be considered diabetes. Excessive glucose in the blood can damage the body over time, and those diagnosed with prediabetes are at risk for developing type 2 diabetes, heart disease and stroke. According to the National Institute of Diabetes and Digestive and Kidney Diseases, the majority of people with prediabetes do not have any symptoms. The condition is typically revealed after blood tests indicate blood glucose levels are higher than normal.

Being overweight and living an inactive lifestyle are two of the biggest risk factors for prediabetes, and doctors may recommend that men and women 45 and older, especially those who are overweight, be tested for prediabetes. Those who have been diagnosed with prediabetes will not necessarily develop diabetes down the road. In fact, the NIDDK notes that men and women who lose at least 5 to 10 percent of their starting weight can prevent or delay the onset of diabetes and may even be able to reverse prediabetes.

# Understanding and preventing head lice infestations

Many parents recall being tested for head lice at the beginning of each school year when they were children. While those tests might be fresh on the minds of parents as they prepare to send their children back to school, moms and dads may not know much about head lice and the threat lice poses to youngsters.

### What are the symptoms of head lice infestations?

According to the U.S. Centers for Disease Control and Prevention, head lice are parasitic insects that can be found close to the scalp, most often on the head, eyebrows and eyelashes. While head lice don't spread disease, they do feed on blood several times per day.

### Who is most susceptible to head lice?

Head lice are more common in close, overcrowded living conditions, which may be one reason why schoolchildren who spend their days in the relatively close confines of classrooms tend to be vulnerable to head lice infestations. In fact, the CDC estimates that as many as 12 million head lice infestations occur each year in children between the ages of 3 and 11 in the United States alone. Adults are not immune to head lice, though they may be less likely than children to suffer an infestation.

### How do head lice spread?

Contrary to popular belief, head lice cannot hop or fly. Head lice move by crawling, and they can be spread in various ways. According to

HeadLice.org, head lice can spread whenever there is direct contact of the head or hair with an infested individual. Head lice also can spread when an infested person shares personal articles, including hats, pillows, towels, brushes, hair ties, and helmets, with someone who is not infested.

- Teach kids to avoid sharing certain items. Teaching kids to share can be important in their development as human beings, but it's important that parents teach kids to avoid sharing combs, brushes, hair ties and other accessories, hats, helmets, coats, scarves, towels, and earbuds. Head lice can attach themselves to such items, making kids vulnerable to infestation when these items are shared.

- Avoid storing clothing in common areas. Coats, scarves and hats hung in common areas are vulnerable to head lice infesta-

tion, as lice can crawl from item to item, spreading infestations along the way. While the CDC notes that spreading head lice through inanimate objects is uncommon, it can occur. Teach youngsters to keep their clothing in their own lockers at school, and encourage educators to make separate hooks available to each student to reduce the risk of spreading infestations among classmates.

Head lice is most often discussed at the dawn of a new school year, but head lice infestations can occur at any time. Learn more about head lice at [www.HeadLice.org](http://www.HeadLice.org).



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# Pros and cons to detox cleanse diets

Detox diet adherents tout the benefits of cleansing their bodies. The detox craze can be confusing, and misinformation regarding the best way to proceed with a cleanse only illustrates the emphasis men and women considering detox diets must place on learning as much about them as possible.

Detoxing involves changing one's diet for a predetermined period of time for the purpose of ridding the body of unhealthy, potentially toxic substances. While there may be some immediate weight loss associated with detoxing, losing weight is not the main purpose of detoxing.

Men and women have various detox options to choose from, including some that target specific areas of the body or others that aim to improve overall health.

Detox diets tend to be restrictive diets, which may not make them practical for everyone — particularly those

who may have health ailments or specific dietary needs. Consult with a physician prior to beginning a detox diet to ensure it will not interfere with any

treatments. In addition, it can help to weigh the advantages and disadvantages of detox diets to determine if doing a cleanse is the right choice for you.

## Pros

- Eliminate poor eating habits: Cleanses may help you to take better inventory of your eating habits and encourage you to make healthy choices in the process. Detox diets require that their adherents eliminate particular foods for a period of time, and in many instances, these off-limits foods are overly processed items that may not be the best food choices in the first place.

- Increase vitality and energy levels: Detox diets can sometimes increase one's energy and stamina. This can translate into more motivation to exercise or be active.

- New foods: A detox may require you to increase consumption of whole foods and participate in "clean eating." Eating cleanly is about selecting the healthiest options in each of the food groups. You may be exposed to new ingredients and discover healthy options you love.

- Benefit the immune system: You may find that healthy eating has positive effects on your immune system. This may make it easier to fend off illnesses or improve recovery time on those occasions when you get sick.

## Cons

- Potential for nutrient deficiency: Restrictive eating may deprive the body of certain nutrients it needs to remain in optimal shape. Nutrient deficiency can be dangerous, so it's important to proceed with caution.

- Weight loss concerns: If your goal is to lose weight, do not expect detox diets alone to produce permanent weight loss. Many people experience weight gain after they stop a detox, says the health resource Everyday Home Remedy. Weight loss is better achieved gradually and through consistent healthy eating and exercise than through a cleanse.

- Potential to overextend detox diets: Some people extend a detox for longer than is recommended in an effort to experience greater gains. They may feel that two or three weeks of a cleanse may be doing more good than simply one week. This is not a good idea because you can deprive your body of the balance of foods it needs to thrive.

Detox diets can be short-term dietary options that bring about renewed vigor and health. Speak with a doctor and nutritionist to determine if a cleanse is best for you.



# Robotic surgery can be advantageous

Certain illnesses or injuries require surgery to correct the problem or prevent further damage. Surgery is not something many people would volunteer for, but it can be a necessity in certain instances.

Patients may have many questions when they learn that surgery is on the horizon. Robotic surgery in particular may raise patients' eyebrows. Robotic surgery is a relatively recent development. According to UC Health and Mount Carmel Medical Center, robotic surgery is an advanced form of minimally invasive or laparoscopic (small incision) surgery. Compared to open surgeries, robotic surgery offers many benefits to patients, some of which include:

- minimal scarring
- reduced blood loss
- faster recovery time
- reduced risk of infection
- reduced pain and discomfort
- possibly shorter hospitalization
- faster recovery time

Robotic surgery works similarly to traditional surgery, but instead of the surgeon working manually, robotic arms take over. During robotic surgery, typically three robotic arms are inserted into the patient through small incisions. One arm is a camera and the other two serve as the surgeon's "hands." In some instances, a fourth arm is used to clear away any obstructions. Surgeons will perform the procedure using a computer-controlled console.

Robotic surgery does not mean that a robot is taking the place of a surgeon. Rather, robotic surgery combines the skills and knowledge of surgeons with advancements in technology in an effort to improve surgical procedures. Many surgeons prefer robotic surgery because of its precision and the superior visualization of the surgical field that the procedure provides. It's also easier to account for tremors in the hands, and the machinery enables greater maneuverability.

UC Health explains how robotic surgery works:

The surgeon will work from a computer console in the operating room, controlling the miniaturized instruments mounted on the robotic arms. He or she looks through a 3-D camera attached to



another robotic arm, which magnifies the surgical site. The surgeon's hand, wrist and finger movements will be transmitted through the computer console to the instruments attached to the robot's arms. The mimicked movements have the same range of motion as the surgeon, allowing for maximum control.

While the surgeon is working, the surgical team will supervise the robot at the patient's bedside.

Men, women and children can benefit from robotic surgery, which has become especially helpful for gynecologic condi-

tions. Robotic surgery has been used in the treatment of cancers of the abdomen, as well as pelvic masses, fibroids, tumors, and tubal ligations. Robotic surgery also can be used for pelvic reconstruction surgeries and to treat incontinence and organ prolapse.

Although the success rates of traditional surgery versus robotic surgery have been relatively similar, many people are now leaning toward robotic surgery because of its advantages — and seeking doctors and hospitals trained in robotic surgery.

# Explaining atrial fibrillation

In late 2013, the World Health Organization released results from a data analysis that examined atrial fibrillation and its prevalence across the globe. The results were troubling, indicating that 33.5 million people worldwide have the condition.

If those figures don't raise an eyebrow, that's likely because few people are familiar with atrial fibrillation, in spite of its prevalence. A broader understanding of atrial fibrillation, often referred to as AF, may help people reduce their likelihood of developing the condition.

## What is atrial fibrillation?

The National Heart, Lung and Blood Institute notes that atrial fibrillation is the most common type of arrhythmia, which is a problem with the rate or rhythm of the heartbeat. AF occurs when rapid, disorganized electrical signals cause the heart's two upper chambers, known as the atria, to contract very quickly and irregularly.

## What happens when a person has atrial fibrillation?

The heart is not functioning properly when a person has atrial fibrillation. That's because blood pools in the atria when a person has AF, and because of that pooling, the blood is not pumped completely into the heart's two lower chambers, which

are known as the ventricles. As a result, the heart's upper and lower chambers do not work in conjunction as they do when the heart is fully healthy.

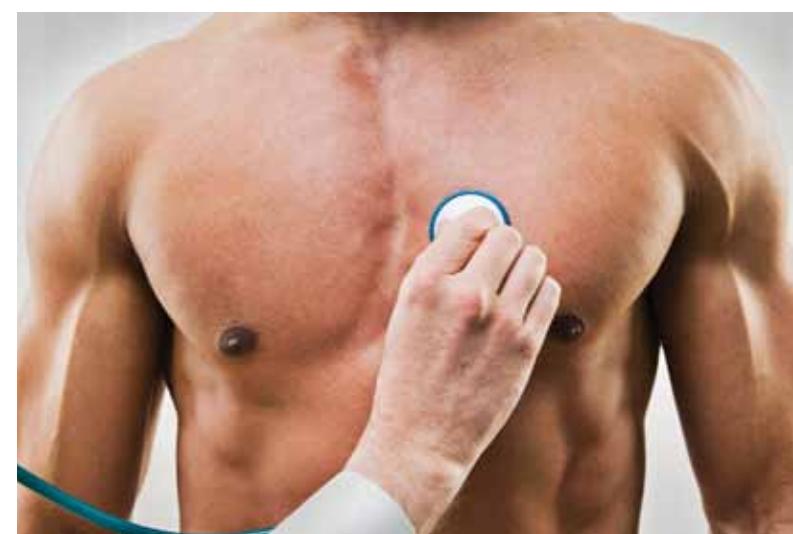
### Are there symptoms of atrial fibrillation?

Some people with AF do not feel symptoms and only learn of their condition after physical examinations. That highlights the importance of scheduling annual physicals for all people, but especially for people with a personal or family history of heart trouble.

According to the American Heart Association, the most common symptom of AF is a quivering or fluttering heartbeat, which is caused by abnormal firing of electrical impulses. Anyone who feels such a symptom or suspects their heartbeat is abnormal should consult a physician immediately.

In addition to a quivering or fluttering heartbeat, the AHA notes that people with AF may experience one or more of the following symptoms:

- General fatigue
  - Dizziness
  - Shortness of breath and anxiety
  - Weakness
  - Faintness or confusion
  - Fatigue when exercising
  - Sweating
  - Chest pain or pressure
- The AHA warns that people experiencing chest



pain or pressure are having a medical emergency that requires immediate medical attention. Whether or not symptoms of AF are detected, the condition can still increase a person's risk for serious medical problems, including stroke.

### Who is at risk for atrial fibrillation?

No one is immune to atrial fibrillation, though risk of developing the condition rises as a person ages. Men are more likely than women to develop AF, which the NHLBI notes is more common among whites than African Americans or Hispanic Americans.

In addition to a quivering or fluttering heartbeat, the AHA notes that people with AF may experience one or more of the following symptoms:

- General fatigue
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure

The NHLBI also notes

that AF is more common in people who have:

- High blood pressure
- Coronary heart disease
- Heart failure
- Rheumatic heart disease
- Structural heart defects
- Pericarditis
- Congenital heart defects

### Can atrial fibrillation be prevented?

There is no guaranteed way to prevent AF, though certain lifestyle choices can reduce a person's risk for the condition. A heart-healthy diet that's low in cholesterol, saturated fat and trans fat and also includes daily servings of various whole grains, fruits and vegetables can lower a person's risk for AF. Daily physical activity, maintaining a healthy weight and not smoking also can lower a person's risk.

Atrial fibrillation is a rising threat across the globe. More information about AF can be found at [www.heart.org](http://www.heart.org).

# Growing out of pediatric care

## Know when and how to transition to adult care doctors

Pediatricians provide valuable health care to children from the moment the children are born until they reach young adulthood. But there comes a time in each child's life when he or she is ready to make the transition from pediatric care to adult health care. This decision can become even more challenging if the child is being treated for a serious illness like cancer.

According to the American Academy of Pediatrics, ideally children should transition to an adult-oriented health practice between the ages of 18 and 21. But that transition can occur even earlier if

the patient feels comfortable doing so.

Transitioning to a new doctor might be difficult for young people coping with cancer. However, children and parents can work together to make the transition go smoothly, and parents should encourage youngsters to voice any concerns they have as they switch physicians.

Parents can begin the transition by involving their children in the search for adult care doctors. Young adults may want to use the same doctor their parents see, though some may feel more comfortable visiting a different practice. A

patient-doctor connection is important, so parents can encourage their children to find a doctor who has the right credentials but also a demeanor they're comfortable with. Pediatricians may refer doctors they know and trust, and that can be handy when patients require a doctor with specific experience or one who understands the particular challenges of cancer treatment.

Insurance coverage will also play a role in choosing a new doctor. When looking for a new physician, make sure each prospective physician accepts your insurance; otherwise, you may pay

substantial out-of-pocket expenses.

Doctors can take steps to facilitate the transition as well. They can work together to transfer health records. With regard to cancer treatment, doctors will need to discuss maintenance medications and cancer therapy options that can impact overall health.

Parents, doctors and patients can work together to make sure the transition from pediatrician to adult doctor goes as smoothly as possible, even when a disease such as cancer threatens to complicate that transition.

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# Diabetic vision changes

Diabetes affects 23.6 million people in the United States and close to three million people in Canada. While diabetes can be accompanied by many different symptoms, some people are surprised to learn that diabetes can affect the eyes and vision.

Changes in vision are sometimes the earliest warning signs of the presence of diabetes or prediabetes. Diabetic eye disease is its own stand-alone condition, and the National Eye Institute points out that diabetic eye disease comprises a group of eye conditions that affect people with diabetes. These may include retinopathy, macular edema, cataracts and glauco-

**Routine eye examinations can help doctors diagnose diabetes early. Such examinations also are important in the management of the disease and the prevention of vision loss.**

ma. All forms of eye disease can potentially cause severe vision loss or blindness.

Those with diabetes also can experience xanthelasma, or yellowish collections of cholesterol around the eye area. What's more, diabetes can put individuals at risk of developing conjunctival bacterial infections (pink eye), as well as corneal erosions, corneal defects and subsequent dry eyes.

Routine eye examinations can head off potential vision problems and have been known to alert doctors to the presence of diabetes before patients know they have it. During a comprehensive

cent greater risk of suffering from glaucoma than people without diabetes. The longer someone has had diabetes, the more common glaucoma is. Diabetics also are 60 percent more likely to develop cataracts. Vision checkups and care are an important part of living with diabetes.

dilated eye exam, eye doctors will examine all areas of the eye to check for illness. Pressure on the eye will be tested, as glaucoma can cause elevated pressure. The doctor also will check for any clouding of the eye lens.

When an eye is dilated, doctors can examine the retina at the rear of the eye. Points that will be checked include:

- changes to blood vessels, including any leaking blood vessels or fatty deposits
- swelling of the macula

- damage to nerve tissue
- health of the retina, and whether there are any tears or detachments

While many of the vision loss problems associated with diabetes are irreversible, early detection and treatment can reduce the risk of blindness by 95 percent, advises the NEI. Controlling diabetes slows the onset and worsening of visual symptoms. People with diabetes may need to see their eye doctors more frequently and have a greater number of dilated exams to ensure eyes are still in good health.

To keep diabetes in check, follow a doctor-recommended diet, monitor your blood-sugar levels and get plenty of exercise. Eye doctors and primary care providers can work together to ensure that all symptoms of diabetes — whether visual or otherwise — are treated effectively.



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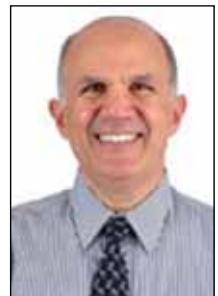
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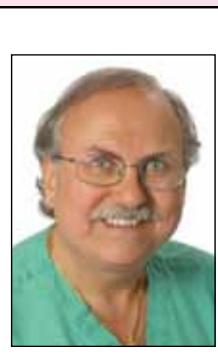
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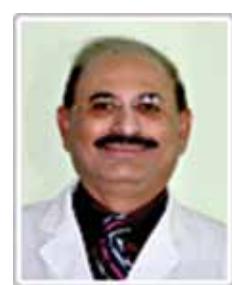


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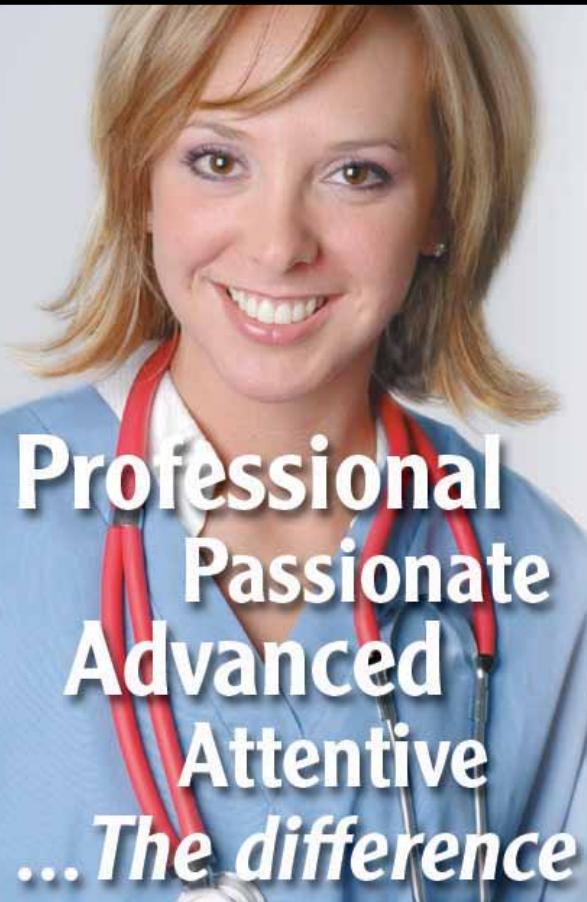
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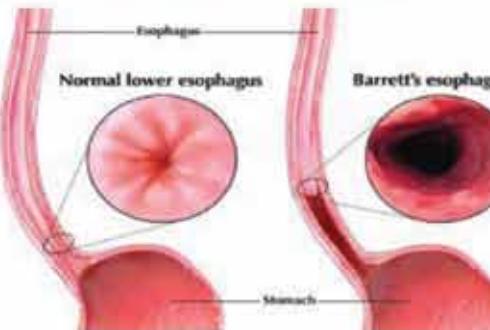
Our goal is simple...  
We want everyone to understand that  
**HEARTBURN CAN  
CAUSE CANCER.**

### **BARRETT'S ESOPHAGUS**

#### **Pre-Cancerous Changes *in the ESOPHAGUS***

Acid and other digestive juices from the stomach can cause damage to the lining of the esophagus. In some cases, that causes pre-cancerous cells to form. That condition is known as **Barrett's Esophagus**.

**No Clear  
SYMPTOMS  
Significant  
RISKS**



**Esophageal Cancer is deadly and  
INCREASING RAPIDLY**

*If Esophageal Cancer is caught in early stages,  
or even before it becomes cancer, patients have  
a good chance for survival.*

**Talk to your DOCTOR  
about your concerns if:**

- You have more than occasional heartburn symptoms
- You have experienced heartburn in the past, but the symptoms have gone away
- You have any pain or difficulty swallowing
- You have a family history of Barrett's Esophagus or Esophageal Cancer
- You have an ongoing, unexplained cough
- You have been speaking with a hoarse voice over several weeks
- You have a long lasting, unexplained sore throat
- You cough or choke when you lie down

**Radio Frequency Ablation is treatment in  
eliminating Barrett's Esophagus**

**Colorectal screening with  
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