

MAY 2011

volume 4, issue 2

# Health Point

## The War Against Cancer

### Fighting Fear With Facts

**Cancer.** There are few words that generate more fear in people. And with good reason.

Cancer kills one American every minute. That's about 550,000 cancer victims every year. In 2010, approximately 1.4 million Americans were diagnosed with cancer.

Cancer occurs when the cells in the body divide and spread in an uncontrolled manner. If left untreated, cancer can use the blood stream or lymphatic system to spread (metastasize) into other parts of the body.

#### **The Good News**

Just recently, however, for the first time in more than 70 years, the number of deaths caused by cancer is declining. Researchers have a much better understanding of both the genetic and environmental causes of cancer and the factors that cause it to spread.

#### **Take Action. Save Your Life.**

Here's even more good news. The American Cancer Society estimates that "roughly 50% of cancer deaths can be attributed to a limited number of largely preventable behaviors and exposures." Here are some examples of positive steps you can take to lower the risk and reduce the occurrence of cancer.

**Stop Smoking:** About 170,000 cancer deaths each year are caused by smoking and the use of tobacco products.

**Get Moving and Eat Healthy Foods:** The American Cancer Society estimates that one third of all cancer deaths are related to factors of diet and exercise. Despite this, less than 15 percent of adults take part in vigorous exercise at least five times a week.

*(continued on page 2)*

## Cancer Awareness Issue

## Skin Cancer Prevention Fighting Arthritis

Welcome:  
**Dr. Michael McCormick**  
**Dr. Gregory Hoffpauir**

Visit: [www.RussellvilleHospital.com](http://www.RussellvilleHospital.com)



**Russellville Hospital**  
*Making Communities Healthier in Northwest Alabama*





**Ryan Gregorio, M.D.**  
Family Medicine



## Fighting Fear (cont.)

**For Women Over 40, Have A Yearly Mammogram:** Having an annual mammogram is a proven way to detect breast cancer in its early stages, when the survival rate is much higher. Yet despite ongoing educational awareness, the percentage of women having a mammogram is not increasing. The more women who have a mammogram, the more lives will be saved. Ask your personal physician, or contact us today for more information about scheduling an appointment.

**Get Your Colon Checked:** In addition to detecting colorectal cancer in its early stages, a colonoscopy can actually prevent cancer from developing by removing polyps that could become cancerous. Despite this fact, less than half of adults over 50 years old have ever had their colon checked. Take Action! Call your doctor, or contact us today.

## Cancer Screening Schedule

Type	Test	Frequency
Colorectal	Colonoscopy	Every 10 years (5 years if high risk) starting at age 50
	Flexible Sigmoidoscopy	Every 3 - 5 years starting at age 50
	Fecal Occult Blood Test	Every year starting at age 50
Prostate (Men)	Digital Rectal Exam or PSA Test	Once a year starting at age 50 in men with average risk
Breast (Women)	Mammogram	Every 1 - 2 years starting at age 40
	Clinical Breast Exam	Every 1 - 2 years starting at age 40
Cervical (Women)	Pap test	Every 1 - 2 years starting at age 21

For more information on diagnosing or fighting cancer, call 256-332-1611, or visit us online at:

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



## Attention Seniors

*Approximately 77% of cancer cases occur in people age 55 and older. That's the reason it's so important for seniors to learn how to prevent and detect the disease and to take advantage of the numerous cancer screening tools that are available.*

## Are You At Risk?

**Cancer does not discriminate** because of age, income, gender or race. One in every two men and one in every three women will get cancer in their lifetime.

Certain factors increase your risk of cancer, sometimes significantly. The use of tobacco products increases the likelihood of lung cancer. There is a strong link between excessive sun exposure and sunburn with skin cancer. Genetics and family history also play a role. People who are overweight, don't exercise regularly and consume a diet high in fat and low in fiber increase their risk for the disease. **Bottom line:** cancer is a complex disease with many causes. So take it seriously. Talk to your doctor about how to lower your cancer risk.



## Live What You Learn



There are many actions you can take to lower your risk for cancer. Eating a healthy diet, losing excess weight and getting regular exercise are some of the lifestyle changes you can make. Your best chance to beat cancer is to detect the disease at an early stage before symptoms occur by having a screening test. Above is a partial listing of some of the most common types of cancer screenings. Talk to your personal physician or contact our hospital about which cancer screenings you should consider.

# The Skinny on Skin Cancer

## Know The Warning Signs for the Most Common Type of Cancer

### What do you think your chances are of having skin cancer? 10 percent? 20 percent?

Consider this startling fact: If you are fair skinned and over 55, there's a 50 percent chance you will develop skin cancer in your lifetime.

Skin cancer is the most common type of cancer, accounting for nearly half of all cancers in the United States. According to the American Cancer Society, more than two million cases of non-melanoma skin cancer are diagnosed every year in the United States. In addition, about 68,000 malignant melanomas, the most serious type of skin cancer, are also diagnosed each year, and they are responsible for 75 percent of skin cancer deaths. Because melanoma is the fastest growing, early detection is critical. Fortunately, most skin cancers are non-melanoma, and if treated and detected early, have a very high cure rate.

### Saving Your Life Is As Easy As ABCDE

With skin cancer being so common, it's important to know how to detect it. Check once a month for any changes to your skin. Watch for moles that have any of the following signs. Just remember **ABCDE**: **A**symmetric: An irregular shape, **B**order: A ragged or blurred edge. **C**olor: Several shades of color. **D**iameter: Moles larger than the size of a pencil eraser. **E**levation: Moles that are raised from the skin. In addition, you may want to make an appointment once a year to have your dermatologist check your skin. For help in finding a dermatologist, or for more information on skin cancer screenings, contact us today.

### How To Protect Yourself From Skin Cancer

Use a generous amount of sunscreen (SPF 15 or higher) on exposed skin, even on a cloudy day. Stay out of the sun between 10 a.m. and 4 p.m. when the ultraviolet rays are most intense. Wear a hat and sunglasses, and stay away from tanning beds and sun lamps.

To learn more about sun exposure, visit us at:

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



**Beatriz Rodriguez, M.D.**  
Family Medicine



## Taking The Fight To Arthritis

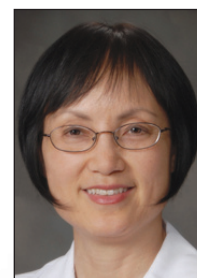
More than 46 million Americans (one in five adults) suffer from arthritis, an inflammation of the joints that causes pain, stiffness, swelling and lack of mobility. Arthritis is the leading cause of disability in people over the age of 15.

Although there is currently no known cure for arthritis, treatment options are available to manage the disease and reduce its symptoms. Unfortunately, half of all Americans have the mistaken impression that nothing can be done to treat arthritis. See your physician as soon as possible. Treatments are much more effective when the condition is diagnosed at an early stage.

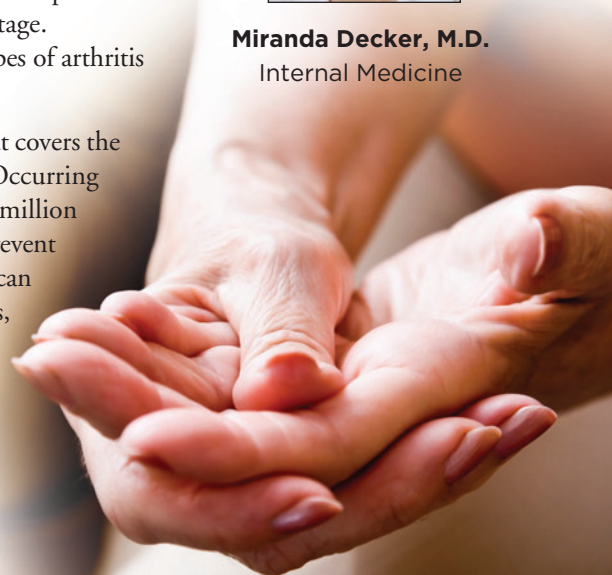
There are more than 100 types of arthritis, but by far the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

**Osteoarthritis** is the most common form of arthritis. It occurs when cartilage that covers the ends of the bones deteriorates and can no longer provide a cushioning effect. Occurring most frequently in the knees, hips and hands, osteoarthritis affects about 27 million Americans. By maintaining a healthy weight and exercising regularly, you can prevent osteoarthritis or keep its symptoms from getting worse. Working with a therapist can help relieve stress and strengthen the muscles around the joint. In more severe cases, joint replacement surgery or surgery to realign the bones have been proven effective.

**Rheumatoid Arthritis** (RA) is an autoimmune disease that occurs when the lining of a joint becomes inflamed. It's a serious, painful and often debilitating condition. Treatment usually involves a combination of medications, regular exercise and physical therapy. Surgery is another possibility.



**Miranda Decker, M.D.**  
Internal Medicine



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



## Russellville Hospital

Russellville Hospital  
15155 Highway 43 NE  
Russellville, AL 35653

HealthPoint is published as a community service by Russellville Hospital. It in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. For individual guidance, consult your physician. For more information about Russellville Hospital or anything in this publication, please call 256-332-1611.

## Cataract Surgery Available at Russellville Hospital

**Russellville Hospital** is pleased to announce the availability of cataract surgeries at Russellville Hospital by board-certified Ophthalmologist Dr. Gregory Hoffpaur.

Dr. Hoffpaur obtained his medical degree from the Louisiana State University School of Medicine in Shreveport, Louisiana. He completed his ophthalmology residency at Eastern Virginia Medical School. Dr. Hoffpaur specializes in medical and surgical diseases of the eye.

Dr. Hoffpaur is seeing patients at the office of Dr. Martha Greenburg, Dr. Stuart Greenberg and Dr. Wayne Stevens at 15255 Highway 43 in Russellville. For additional information, please call 256-332-8676.



### Relay for Life 2011

*Join Russellville Hospital in the Fight Against Cancer at the 2011 Franklin County Relay for Life Friday, May 6 at the Russellville High School Football Field at 7:00 p.m. The 2011 Relay Theme is "Teaming Up For a Cure." For additional information, please call 256-767-0825.*

## WELCOME:

## General Surgery Services At Russellville Hospital

Russellville Hospital is pleased to announce the arrival of Michael McCormick, D.O., as a new physician to our community and medical staff.

Dr. McCormick obtained his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed his general surgery residency at Lankenau Hospital in Wynnewood, Pennsylvania. Dr. McCormick specializes in general surgery.

Dr. McCormick is welcoming new patients at his office located at 15225 Highway 43, Suite I in Russellville. Appointments may be made by calling 256-331-8898.

