



My Preventive Health



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GOOD HEALTH NEWS

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YOUR IMMUNE SYSTEM PROTECTS YOU AGAINST ALL CANCERS

Some general guidelines to help you strengthen your Immune System

- Get 8 hours of restful sleep per night
 - Suggest an alkaline type of diet. If you find it hard to follow a vegetarian lifestyle, suggest a diet of fish, fruits, greens and vegetables
 - Protect your gut by avoiding junk foods. Most of your immune system resides in your gut (gastro-intestinal tract)
 - Try using “green smoothies” regularly
 - Suggest a “probiotic” either as foods or as a supplement once or twice per week
 - Avoid eating large meals at night. Large meals taken at night may disturb your sleep and eventually weaken your immune system
 - The immune system seems to work best when the body is slightly alkaline. Ingesting large amount of meat and meat products tend to make the body slightly acid and may prevent the immune system from functioning optimally
 - Talk to your doctor if you are taking steroid hormones or chemotherapy. You may need some extra help to maintain the integrity of your immune system.
 - Inhaling automobile exhaust while commuting for long distances can weaken your immune system
- Avoid doing things that will weaken your Immune System**
- Avoid chronic fatigue. The gut immune system repairs and refreshes itself at night when you are sleeping.



CANCER PROTECTION FOR YOUR ENTIRE FAMILY

FIRST STEP: Follow your doctor's suggestions for the Cancer screening and cancer prevention. Please see the general, cancer screening and cancer prevention guidelines for adults by age and gender outlined in table 1 below (adapted from American Cancer Society)

Table 1: cancer screening and prevention guidelines for US adults

ADULT MALES	ADULT FEMALES	ADULTS – GENDER NEUTRAL
Know your family history of cancer. Tell your doctor if you have a strong family history of any type of cancer and discuss your cancer screening options	Know your family history of cancer. Tell your doctor if you have a strong family history of any type of cancer and discuss your cancer screening options	Know your family history of cancer. Tell your doctor if you have a strong family history of any type of cancer and discuss your cancer screening options
Get screened for HPV and have your children vaccinated to decrease their risk of HPV associated cancers	Get screened for HPV and have your children vaccinated to decrease their risk of HPV associated cancers	Get screened for HPV and have your children vaccinated to decrease their risk of HPV associated cancers
Oral Sex may be associated with the development of throat cancer	Oral Sex may be associated with the development of throat cancer	Oral Sex may be associated with the development of throat cancer
Obtain a screening chest x-ray if you are a smoker, at age 18, or any time you have a persistent cough	Obtain a screening chest x-ray if you are a smoker, at age 18, or any time you have a persistent cough	Obtain a screening chest x-ray if you are a smoker, at age 18, or any time you have a persistent cough
Perform regular breast exams. See your doctor any time you feel a lump in your breast. Men can develop breast cancer.	Screening mammogram to check for breast cancer starting at age 25 or any time you feel a lump in your breast	Screening mammogram any time you feel a lump in your breast or at age 25
H. Pylori is the major cause of stomach cancer. Obtain H. Pylori blood or breath screening. If positive, suggest you obtain an endoscopy with stomach biopsies	H. Pylori is the major cause of stomach cancer. Obtain H. Pylori blood or breath screening. If positive, suggest you obtain an endoscopy with stomach biopsies	H. Pylori is the major cause of stomach cancer. Obtain H. Pylori blood or breath screening. If positive, suggest you obtain an endoscopy with stomach biopsies
Obtain a colonoscopy or appropriate colorectal cancer screening at age 45 or sooner, when recommended by your doctor	Obtain a colonoscopy or appropriate colorectal cancer (CRC) screening at age 45. Black females are at increased risk for CRC and should begin screening at age 40	Obtain a colonoscopy or appropriate colorectal cancer (CRC) screening at age 45. Black females are at increased risk for CRC and should begin screening at age 40
Obtain regular prostate exams to screen for prostate cancer	Obtain regular PAP smears to check for early signs of cervical cancer	Obtain prostate exam or PAP smears as appropriate to check for prostate cancer and cervical cancer respectively
Use regular sunscreens to protect against the development of skin cancer	Use regular sunscreens to protect against the development of skin cancer	Use regular sunscreens to protect against the development of skin cancer
Obesity (BMI of more than 30) may be associated with an increased risk of several different types of cancer. Work with your doctor to keep your BMI in the normal adult range (20-25)	Obesity (BMI of more than 30) may be associated with an increased risk of several different types of cancer. Work with your doctor to keep your BMI in the normal adult range (20-25)	Obesity (BMI of more than 30) may be associated with an increased risk of several different types of cancer. Work with your doctor to keep your BMI in the normal adult range (20-25)



Directions to My Preventive Health Offices

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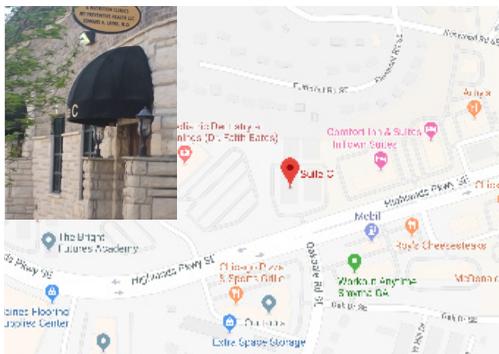
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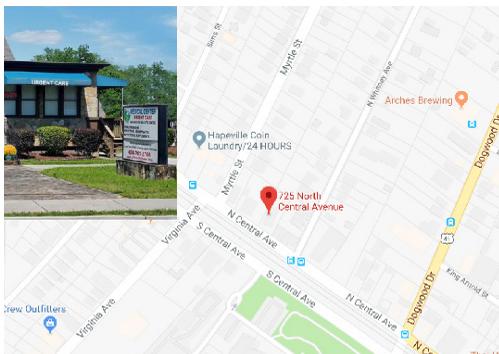
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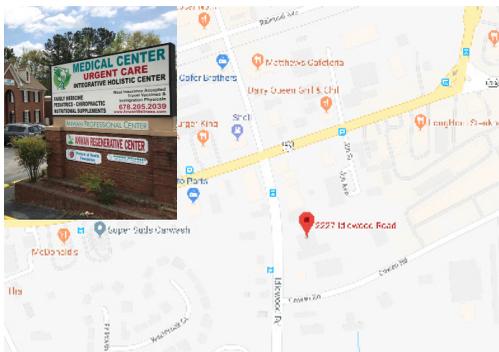
MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



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About the Editor

Edward A. Layne, M.D. received his training at Harvard College and Tulane University School of Medicine, with post-graduate studies at Harvard Medical School. He has served as Clinical Instructor at Harvard Medical School, as a Regional Director of the Georgetown Community Health Plan, Georgetown University Medical School and as Director of Clinical Medicine at Morehouse Medical School. Dr. Layne currently practices in Atlanta, Georgia where he specializes in Digestive Diseases and Nutrition, with a focus on "Preventive Health." Good Health News® is an independent publication and is also the official Newsletter of My Preventive Health, LLC. We welcome your comments and suggestions. Please mail them to: Editor, Good Health News®, P.O. Box 77007, Atlanta, Georgia 30357-1007, Phone: (404) 681-0000, Fax: (404) 365-8354. You may also E-mail your comments to: news@MyPreventiveHealth.com.

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Foods that will strengthen and weaken your immune system.



My PREVENTIVE HEALTH

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