



My Preventive Health

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# GOOD HEALTH NEWS

A publication of My Preventive Health LLC

## STRESS WEAKENS YOUR IMMUNE SYSTEM

Daily stress can destroy your Immune System. Many of us live in a daily 'pressure cooker' at home and at work.

Stressful conditions at home include:

- Elder care [taking care of a senior or loved one who is handicapped or has special needs]
- Refashioning your life during the year immediately following a divorce
- Managing serious financial pressures in the home
- Relocating from one residence to another
- Suggestions for managing your daily stress at home
- Discuss your situation with your doctor, minister, or a trusted friend. Talking about your situation may help to relieve some of the stress
- If you find that the stress is starting to get you depressed, seek professional help from a psychologist or a psychiatrist before it is too late

### **Suggestions for managing your daily stress at work.**

- Set reasonable expectations and limits for yourself
- Discuss your job description with your supervisor and clarify your role
- Join an after-work exercise class or other activity that you look forward to attending after leaving work

# CANCER PROTECTION FOR YOUR ENTIRE FAMILY

## YOU NEED 8 HOURS OF SLEEP PER NIGHT.

- Your Grandmother was right. You need 8 hours of restful sleep per 24 hours
- Too little sleep weakens your immune system
- Poor quality sleep will weaken your immune system
- Some tricks for getting the restful sleep that will strengthen your immune system
  - Avoid eating large meals. If you are hungry after 6 PM, suggest you have a cup of soup to quench your hunger and have a large breakfast the following morning. If you work a 12-hour shift, [7 AM to 7 PM], practice eating dinner before you leave work.
  - Elevate the head of the bed to minimize reflux at night [GERD]
  - Avoid sleeping with a television on in the bedroom. Suggest you turn off the television at the source
  - The electromagnetic waves from some ceiling fans and bedside electric clocks can interfere with your sleep
  - Your bedroom should be dark. Melatonin, your most important sleep hormone, is produced only in the dark



# 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

## West Atlanta & Smyrna Area

My Preventive Health Gastroenterology & Nutrition Clinics  
3040 Highland Parkway, Suite C  
Smyrna, Georgia 30082

## South Atlanta Area

ANWAN Medical Center  
725 North Central Ave.  
Hapeville, GA 30354

## Stone Mountain – Tucker Area

ANWAN Medical Center  
2227 Idlewood Rd  
Tucker, GA 30084

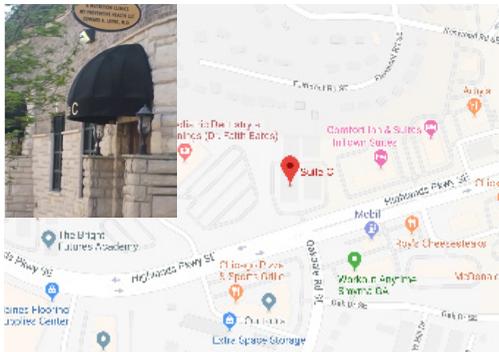
TELEPHONE NUMBER – ALL OFFICES: 404 681-0000

FAX NUMBER – ALL OFFICES: 678 866-2538

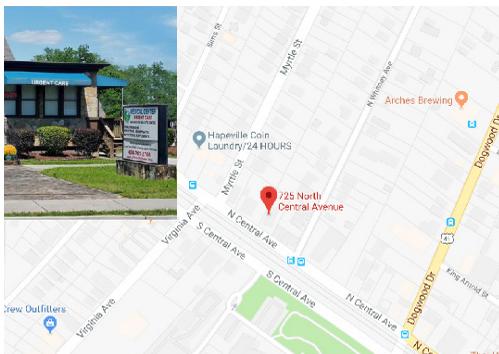
E-MAIL – ALL OFFICES: [doc@MyPreventiveHealth.com](mailto:doc@MyPreventiveHealth.com)

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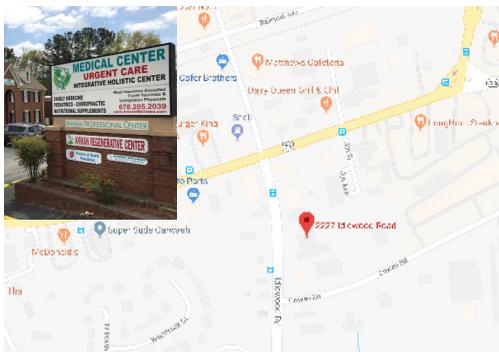
## MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



**MY PREVENTIVE HEALTH  
GASTROENTEROLOGY &  
NUTRITION CLINICS**  
3040 Highlands Parkway, Suite C,  
Smyrna, GA 30082



**ANWAN MEDICAL  
SOUTH ATLANTA  
AIRPORT AREA**  
725 N Central Ave  
Hapeville, GA 30354



**ANWAN MEDICAL  
STONE MOUNTAIN  
TUCKER AREA**  
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Tucker, Georgia 30084-4827

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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](mailto:news@MyPreventiveHealth.com).

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CHRONIC FATIGUE WEAKENS YOUR IMMUNE SYSTEM  
Traveling across time zones? Working the night shift or long hours?



**My PREVENTIVE HEALTH**  
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER