



My Preventive Health

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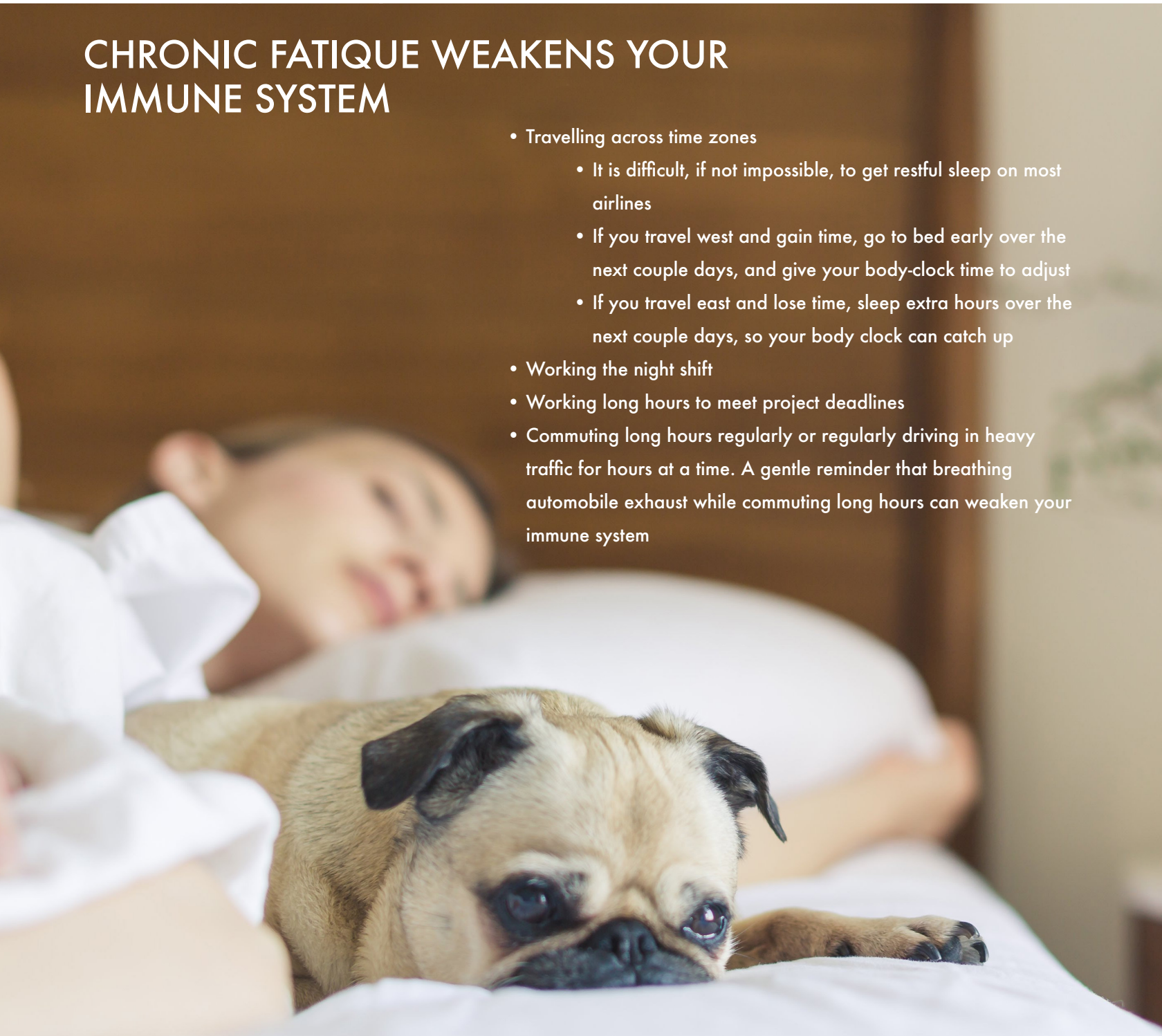


GOOD HEALTH NEWS

A publication of My Preventive Health LLC

CHRONIC FATIGUE WEAKENS YOUR IMMUNE SYSTEM

- Travelling across time zones
 - It is difficult, if not impossible, to get restful sleep on most airlines
 - If you travel west and gain time, go to bed early over the next couple days, and give your body-clock time to adjust
 - If you travel east and lose time, sleep extra hours over the next couple days, so your body clock can catch up
- Working the night shift
- Working long hours to meet project deadlines
- Commuting long hours regularly or regularly driving in heavy traffic for hours at a time. A gentle reminder that breathing automobile exhaust while commuting long hours can weaken your immune system



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

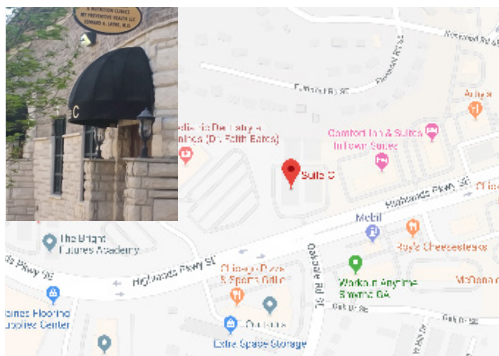
TELEPHONE NUMBER – ALL OFFICES: 404 681-0000

FAX NUMBER – ALL OFFICES: 678 866-2538

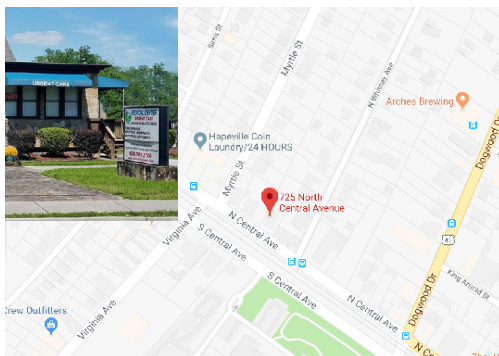
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COLON CANCER SCREENING, POST-GASTRIC BYPASS NUTRITION PROGRAMS, TABB[®] Weight Loss Clinics (Trim And Beautiful Bodies) available in all centers.

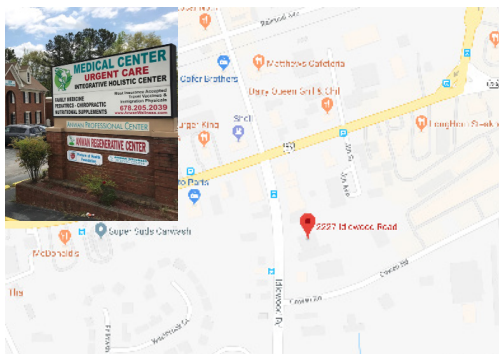
MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



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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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COMING IN THE NEXT ISSUE OF GOOD HEALTH NEWS: SPECIAL EDITION

GET IN SHAPE AFTER THE THANKSGIVING AND CHRISTMAS HOLIDAYS WITH TABB© WEIGHT LOSS

Get ready! Thanksgiving has come, and Christmas is just around the corner. Before you know it, it'll be summer (and bikini season) again. The TABB Weight Loss program from My Preventive Health can help you get in your bikini shape and stay in shape.

- What is your ideal body weight?
- Foods you can eat without ruining your diet plan
- Foods to avoid when you are trying to shed pounds
- Healthy eating patterns
- How to burn off the extra calories
- Healthy snacks that taste good



My PREVENTIVE HEALTH
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER