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Preventive health care

New oncology center promotes healthy lifestyle

Staff report

In recent years, greater emphasis has been placed on the importance of preventive health care in cancer prevention. Annual check-ups can lead to better health and are vital in finding early detection of diseases.

For Jackie Hopkins, an annual check-up in August 2003 proved to be life changing. Her yearly pap smear led to the results that every woman fears – she had cervical cancer.

Each day in the United States, 30 women are diagnosed with cervical cancer. As hard as it was to hear the diagnosis of cancer, Hopkins

gave herself a fighting chance through her commitment to early detection.

In September 2003, Hopkins had a hysterectomy to remove the cancer. After a clean bill of health for more than a year, she found out the cancer had returned in December 2004.

Treatment for the recurrence cancer led Hopkins to Archbold Memorial Hospital's Lewis Hall Singletary Oncology Center, where she began chemotherapy and radiation treatments in January 2005.

During her five months of treatment, she was fortunate enough not to suffer some of the side effects often associ-

ated with treatment.

I had a tremendous experience at the Lewis Hall Singletary Oncology Center and I don't think I would have received that type of care anywhere else," said Hopkins. "I've never met such a nice group of people. The entire staff was remarkable from the front door to the back door."

One thing that helped Hopkins get through this challenging experience was her positive attitude. "The mental aspect is a huge component of the healing process," said Hopkins. "Having a God-given peace and a good attitude really helped me through the whole cancer experience."

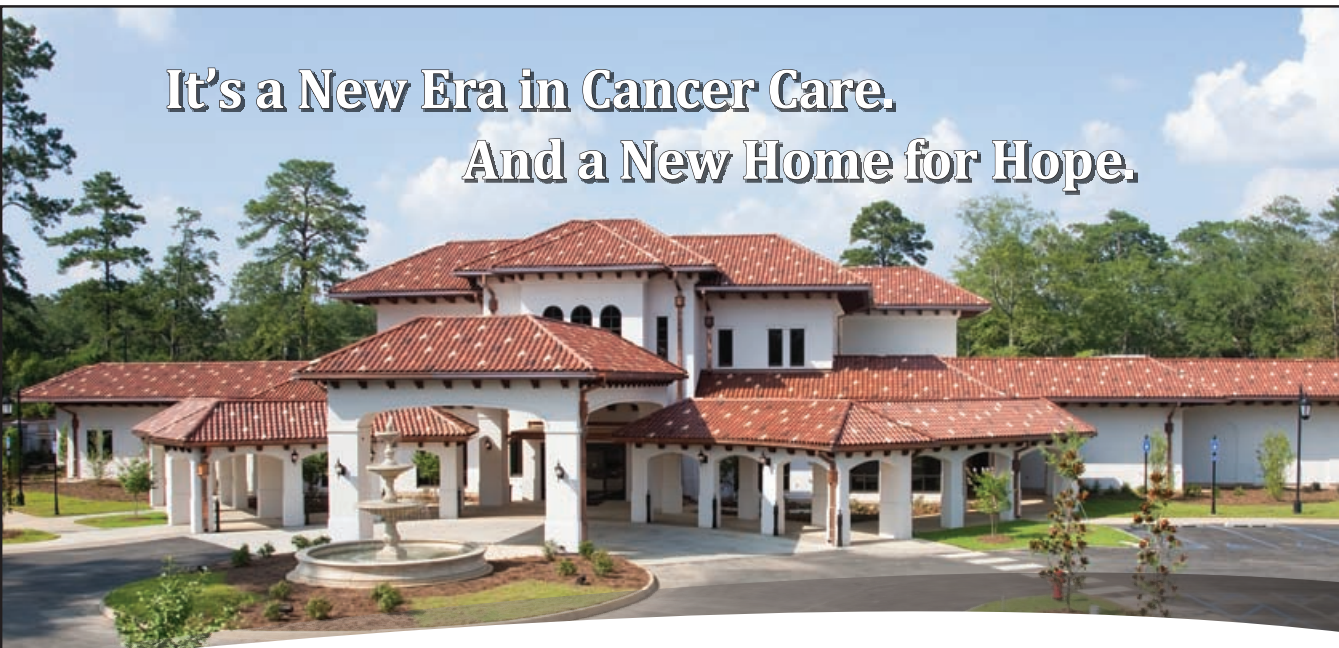
Since Hopkins' treatment in 2005, there have been many changes at the Singletary Oncology Center – most notably moving into the new center, which

opened August 2010. The Center went from 13,000 to 45,000 square feet in the new two-story facility. Integrating radiation oncology, medical oncology and support services into one location, the new center creates a spacious healing environment for patients to receive treatment.

Designed for comfort, patients and their family members are enjoying expanded waiting, registration and support areas. Nineteen examination rooms and 22 chemotherapy infusion positions allow ample space for patients to consult with their physician and receive treatments, plus additional seating allows a family member to sit with their loved one during chemotherapy treatment.

Please see **HEALTH**, page 4

It's a New Era in Cancer Care. And a New Home for Hope.



The New Lewis Hall Singletary Oncology Center.
Comprehensive Cancer Care in Thomasville, Georgia.

continued from page 3

Health

the new facility now matches the type of care received.

“The oncology employees deserve a nice facility because they are crème de la crème,” said Hopkins. “I used to tease the employees at the Oncology Center that Archbold went out and got the best of the best to work there because everybody is genuinely concerned about the patients. I’ve never been to a place where every single person that helps you is thoughtful and kind with a pleasant disposition.”

“Thomasville is truly blessed to have the Center in our community; you would be hard pressed to find a better facility anywhere else,” continued Hopkins.

Presently, Hopkins has been cancer-free for five years. Without her commitment to prevention and early detection through her annual check-ups, her disease could have gone unnoticed until it was too late.

Hopkins not only believes in the concept of preventive care as a patient, but as Associate Director of the Thomasville Community Resource Center (TCRC) she works daily to educate the community on this important issue.

“The preventative component is really important because a screening test can spot disease early – often before any symptoms have appeared, and that’s usually when the condition is easier to treat,” said Hopkins. “It’s critical that people take the time to have check-ups and preventive evaluations to make sure their body is free of disease. If you catch things early enough you can go ahead and take care of it, but if you wait – you may be doing yourself a disservice and things may have progressed to a level where you can’t help yourself.”

Early Detection is the Best Protection

In an effort to promote health education and early detection, free cancer and cardiac screenings are held each month at the Thomasville Community Resource Center (TCRC). Every Tuesday night, the TCRC offers free cancer screenings with a local physician assistant. Also, physician assistants from Archbold Memorial Hospital’s Lewis Hall Singletary Oncology Center provide cancer screenings at the TCRC once a month.

The screenings are offered to both men and women and include breast, skin, oral, colorectal and prostate exams. Cardiac screenings are performed several times a week by staff from Archbold’s Cardiopulmonary Rehabilitation department and include blood pressure, glucose, cholesterol, body mass index and cardiac risk assessment.

“We work very closely with Archbold, Primary Care of Southwest Georgia and the Thomas County Health Department,” said Jackie Hopkins, Associate Director of the TCRC.

“All three of these entities are linked together and play a vital role in helping people take that preventative step toward a healthy outcome in their lives.”

To schedule a free appointment for a cancer or cardiac screening, call the Resource Center at 229-226-5846.



Submitted photo

As a Singletary Oncology Center survivor and Associate Director of the Thomasville Community Resource Center, Jackie Hopkins not only believes in healthy living and preventive healthcare in her own life, but also promotes this lifestyle within the community.

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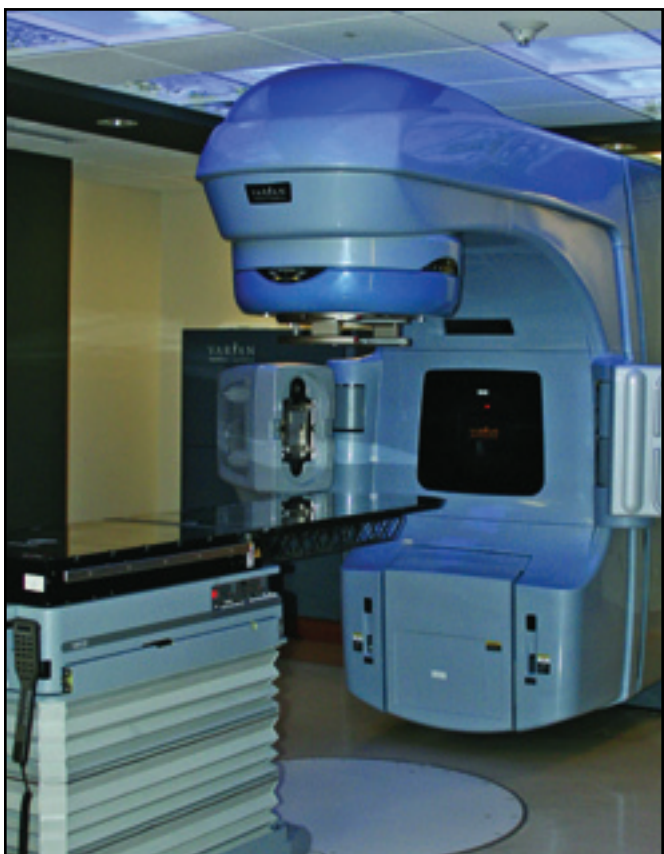
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Frances Parker, president and CEO of Archbold Foundation, shares closing remarks at the dedication ceremony of the new Lewis Hall Singletary Oncology Center on July 25.



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Reduction in hot flashes may be linked to women's weight loss

Hot flashes or flushes may be the most common complaint among women experiencing menopause. Yet, these feelings of intense heat often accompanied by sweating and a rapid heartbeat may be more frequent for those who are obese or overweight.

"In multiple observational studies, women with a higher body mass index (calculated as weight in kilograms divided by height

in meters squared) have reported more frequent or severe hot flashes compared with women with a lower BMI," write the authors of a study published in "Archives of Internal Medicine."

The study showed that women who lost weight and decreased BMI and abdominal circumference reported less hot flashes during the six months of the study.

Please see **FLAB**, page 12

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continued from page 11

Flab

tual weight loss is key. There were no significant associations between changes in hot flashes and changes in physical activity, calorie intake, blood pressure or overall self-reported physical and mental functioning.

Dr. Alison J. Huang, an internal medicine professor at the University of California-San Francisco, along with her colleagues, studied 338 women with an average age of 53 who were overweight or obese and had urinary incontinence.

During a six-month trial period, 226 of the participants were randomized to the intensive weight loss intervention and 112 to the control group. At the beginning of the study, about half of the women in each group reported that they were at least slightly bothered by flashes.

According to the study's

“Our findings indicate that women who are overweight or obese and experience bothersome hot flashes may also experience improvement in these symptoms after pursuing behavioral weight loss strategies; however, improvements in weight or body composition may not be the only mediators of this effect.”

background research, hot flashes are not only among the most common concerns of women during menopause, they may also persist for five or more years after the stage in as many as one-third of women.

“Our findings indicate that women who are over-

weight or obese and experience bothersome hot flashes may also experience improvement in these symptoms after pursuing behavioral weight loss strategies. However, improvements in weight or body composition may not be the only mediators of this effect,” the

study's authors concluded.

The study was co-funded by the National Institute of Diabetes and Digestive and Kidney Diseases, the Office of Research on Women's Health and the National Center for Research Resources.



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Retirement Focus: Are your investments on track?

All too often, I find most investors trying to “get there” without first determining where “there” is. Many investors at traditional investment firms have experienced a “lost decade” of buy and hold equity investing. Hind-sight is 20/20, but where were they going? The answer is that they were going wherever the overall equity markets were headed. As the equity markets cooled, the real estate markets heated up and investors piled in. Now, as the real estate market has cooled, other asset classes garner much of today’s dollars - causing many pundits to wonder if treasury bonds now compete with gold as possible future bubble candidates. Notice a pattern?

I have a suggestion for investors....take a few moments to have a meaningful conversation with your advisor - one with a fiduciary respon-

sibility to help determine where you should be going - *before* continuing on the same roulette wheel of asset class selection. I cannot predict future bond, real estate, equity or commodity prices. I can tell you that managing the risks associated with asset allocation among various asset classes has become a more realistic goal with advances in disciplined tactical rebalancing among the asset classes. Ask your advisor for *their* specific performance results during the recent financial crisis - not some hypothetical chart of investment products they could have or should have used. If you don’t know where they are going with your portfolio, at least you can determine if you like where they have been.

Wade T. Chapman
President, CFS Wealth Management

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- *Lewis Carroll, author of Alice’s Adventures in Wonderland*

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New studies by U.S. researchers are revealing the potential healing power of acupuncture, Tai Chi exercise and Qigong to reduce

the symptoms of osteoarthritis, the most common form of arthritis, which causes pain and reduced motion in the joints and spine. Experts say there is no current medicinal cure for osteoarthritis.

In a recent study pub-

Please see MEET, page 16

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Meet

Care & Research," Dr. Chenchen Wang and colleagues at Tufts University School of Medicine, Boston, recruited 40 subjects, averaging 65 years of age, suffering from knee osteoarthritis to participate in a 60-minute Tai Chi session, instructed by a Tai Chi master, twice weekly for 12 weeks. Tai Chi is a traditional Chinese mind-body exercise that enhances balance, strength and flexibility, and reduces pain, depression and anxiety in diverse patient populations with chronic conditions.

"It's very exciting," says Wang, who says the study showed that Tai Chi appeared to improve physical function and reduce pain and depression. "We found that Tai Chi does have a lot

of benefits for the elderly for physical and mental conditions."

In June 2008, Dr. Kevin Chen and fellow researchers at the University of Maryland School of Medicine Center for Integrative Medicine, Baltimore, published a study in "Clinical Rheumatology" revealing the effectiveness of external Qigong therapy on people with knee osteoarthritis. External Qigong therapy is similar to therapeutic touch, in which the well-trained healer applies his/her Qi energy to the patient, Chen says. Chinese medicine considers knee arthritis to be caused by Qi blockage in the knee area.

Among the three groups treated for two weeks, Chen says "the placebo group had a 33-percent reduction in pain, the group by Healer 1 had a 35-percent reduction in pain, while the group by Healer 2 had a 55-percent

reduction of pain after two weeks of treatment." This led Chen to conclude that External QiGong Therapy might have a role in the treatment of osteoarthritis, depending upon the qualities of the healer.

Chinese acupuncture also has been studied as an aid in the treatment of knee osteoarthritis. Dr. Lixing Lao of the University of Maryland School of Medicine Center for Integrative Medicine has conducted three acupuncture studies from 1993 to 2004, from a small pilot study to a 570-patient clinical trial.

"Patients who were randomly assigned to the acupuncture treatment group had significant pain relief and function improvement ... compared to placebo/sham control," Lao says.

Researchers realize more studies need to be done to incorporate Chinese exercise and healing practices into mainstream medicine

in the United States, but they are seeing hopeful signs.

"Acupuncture is more accepted by the public than any time before," Lao says, citing a recently published survey conducted by the National Center for Complementary and Alternative Medicine and the National Institutes of Health. "There were 27.2 visits to acupuncturists per year per 1,000 persons in 1997, but in 2007, this number increased to 79.2 visits per year per 1,000 persons."

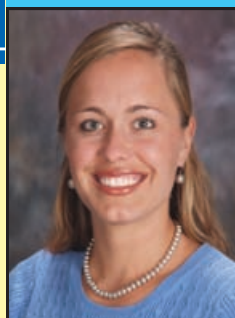
Plus, Lao says, more medical acupuncturists are working in hospitals. "For example, in our University of Maryland School of Medicine, not only is acupuncture service provided by licensed acupuncturists in the center for integrative medicine but also by medical acupuncturists for their patients in the shock trauma center, cancer center and anesthesiology depart-

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Alternative by the Numbers

Alternative medicine, once saddled with the label of being “hippie” and “fringe” is now one of the major trends in modern healing. According to the National Institutes of Health, Bethesda, Md.:

- One-third of all Americans are using some form of complementary or alternative medicine.
- More than 1 million Americans currently use acupuncture.
- More than \$500 million per year is spent on acupuncture.
- Most of the acupuncture treatments are combined with conventional Western medicine.
- The number of acupuncture practitioners will double in three years.
- Indications for the use of acupuncture in medical practice cover a wide range of clinical conditions.

— CTW Features



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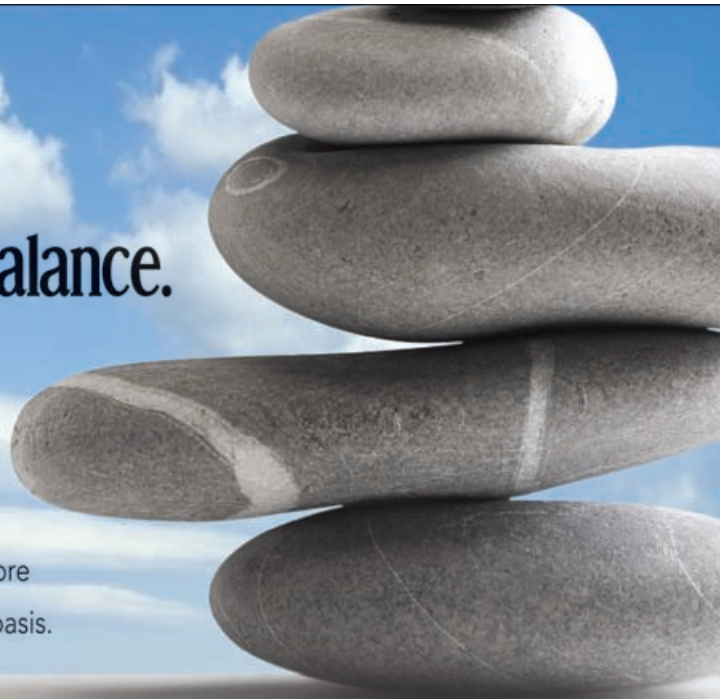
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Simple steps to boost metabolism

Red wine, resistance training and sleep are just a few of the tricks to speed up a slow metabolism



Of all the health benefits tied to red wine, perhaps the most surprising is that it can help people shed pounds by boosting metabolism. But don't start guzzling Gallo just yet. There is no magic food, supplement or

exercise that can shift your metabolism into overdrive; however, there are foods and behaviors that, all together, can rev it up,

Please see **STEPS**, page 20

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continued from page 19

Steps

Dr. Zaid Jabbar, Edward Medical Group, Bolingbrook, Ill.

Along with exercising and eating an overall healthy diet, drinking one glass of red wine at bedtime might help with weight loss and maintenance, Jabbar says. Other foods that have been shown to increase metabolism are hot peppers, green tea and carob fiber, but of these, only green tea in large amounts (at least five cups a day) is particularly effective on its own.

Therefore, a long-term strategy for optimizing a metabolism should focus on resistance training to build more lean muscle mass, because muscles require a lot of energy to maintain. In fact, "Muscles

burn calories when you're just sitting there," Jabbar says.

Aerobic exercise is important, too. It can help to split hourlong workouts into two half-hour sessions in the morning and evening, or split a half-hour workout into two 15-minute sessions because after each cardiovascular workout the body continues to burn calories for several hours, Jabbar says. By working out twice, people can burn calories all day long, potentially around the clock.

After a workout, reach for protein rather than carbohydrates because some studies show that carbs halt the afterburn, Jabbar adds.

Aside from exercise, "The ultimate way to boost metabolism is by eating things that the body uses a lot of energy to digest," such as lean protein, Jabbar says.

Also, "Eat foods that

give you energy instead of dragging you down," says Lyssie Lakatos, a New York-based dietitian and author of "Fire Up Your Metabolism: 9 Proven Principles for Burning Fat and Losing Weight Forever" (Fireside, 2004). "The trick is to combine energy-revving carbs – whole-grain carbs, fruits, vegetables, beans – with a little protein and fat to slow digestion." The more energy a person has, the more likely she is to move and sustain a higher metabolic rate, Lakatos says.

Sleep also plays an important metabolic role, and not just because it restores energy. "Not sleeping enough tends to increase our appetite hormones, whereas getting enough sleep helps regulate them," says Los Angeles-based dietician Andrea Giancoli, a spokeswoman for the American Dietetic Association.

Plus, "Just think about it – if you're sleeping, you're not eating," she adds.

The body starts noticing it's not getting food, though, and that's why breakfast is so important, Lakatos says. "It gets your body out of conservation mode and provides you with the fuel you need to start your day and be more active."

"Trial after trial has shown that people who eat breakfast eat less calories throughout the day and are better able to maintain a healthy weight," she adds.

Eat multiple small meals instead of two or three large ones. "Metabolism is like a fire that needs logs. If you throw a ton of logs on it, you kill it. But if there aren't enough logs, it dies out," Jabbar says. "You

Please see **STEPS**, page 21

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Steps

time.”

Also, drink seven or eight glasses of ice-cold water a day because cold beverages make your body burn calories to maintain its temperature, and water fills you up, Jabbar says.

For those looking to incorporate some of the proven metabolism-boosting foods into their diet, remember to make substitutions. “Always be careful because you want to get the

benefits without adding calories,” Giancoli says. And try using salsa for something other than chips. “You might be getting a lot of bang for your buck because it has veggies,” along with the hot peppers, she adds.

Any single food’s effect on metabolism will be small. “No one has done a study putting all these things together,” Giancoli says, “but if you’re really careful with your diet and you’re watching calories, these little things might add up.”

— CTW Features



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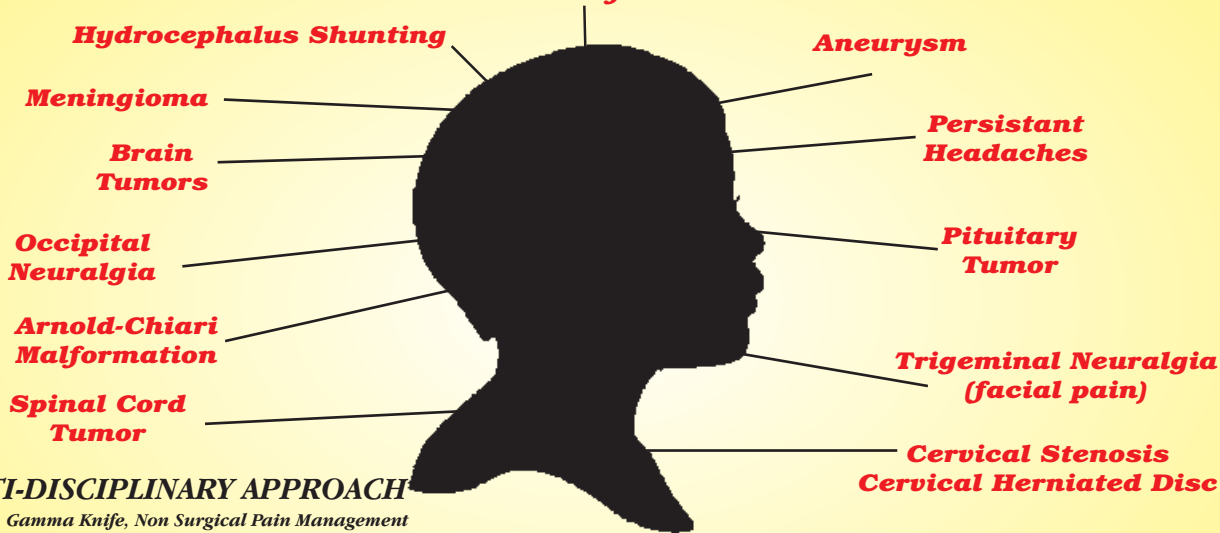
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Kicking the sweets habit

There's hope for even the sweetest tooth in the battle against sugar addiction

Is the friendly neighborhood Girl Scout actually a pusher of one of the most addictive substances on earth?

While she may not be culpable of ill intent or dealing anything illicit, some would say her cookies are the edible equivalent of drugs.

Perhaps it's no joke. People talk about sugar highs and call themselves chocoholics. There's even a 12-step program called Overeaters Anonymous, with 54,000 members worldwide. But do sweets actually

have addictive properties? Does sugar affect the brain in the same way that drugs like nicotine and heroin do?

The evidence of food's addictive properties is growing, and it is convincing if not quite conclusive, says Ashley Gearhardt, whose food addiction research appeared last year in the *Journal of Addiction Medicine*.

What's been studied most so far is sugar, says Gearhardt, a doctoral stu-

Please see **SWEETS**, page 25

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Fresenius Medical Care

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Sweets

University. It's commonly understood that an initial sugar "high" or period of elevated energy, precedes a "crash" that leaves people wanting more sugar.

However, those physiological changes are due not necessarily to an addiction but to an imbalance.

Evidence of sugar's addictive properties arises from animal studies and brain-imaging research in humans showing that sugar acts on the brain much like morphine, alcohol and nicotine, but with weaker effects.

Let's be clear, though, that sugar isn't evil. It occurs naturally in every fruit and vegetable and is an important source of carbohydrates, our body's primary energy source.

"It's a necessary fuel, but it's sort of like gasoline -

you can flood the engine," says Dr. Jacob Teitelbaum, a Kona, Hawaii-based physician and author of "Beat Sugar Addiction Now!" (Fair Winds Press, 2010).

Unlike the sugar in an apple, which is bound up in fiber, refined white sugar (which does not occur naturally in the environment)

rapidly converts to blood sugar. This adversely affects the mind and body, Teitelbaum says.

Too much sugar is linked to obesity, which in turn is linked to heart disease and diabetes, he adds. The American Heart Association therefore recommends women consume no more

than 100 calories in added sugars per day and men not exceed 150. Four grams of sugar equal about 20 calories.

But are there some people for whom these restrictions mean nothing because they truly can't help themselves

Please see **SWEETS**, page 26

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Sweets

around sugary snacks?

Studies suggest sugar addiction is real and powerful. Rats fed an intermittent diet of sucrose tripled their daily sugar consumption, possibly exhibiting a tolerance to the effects of sugar-rich foods, Gearhardt says. Another study found that when access to sugar was removed from animals on a high-sugar diet, body temperature dropped and there were behavioral changes typically associated with withdrawal, such as anxiety and agitation.

After binge-eating sugar for a month, rats will exhibit other signs of dependence, including physical withdrawal symptoms, cravings and cross-sensitization to other “drugs of abuse,” namely amphetamines and alcohol, says Nicole Avena, a

medical research professor at the University of Florida, Gainesville.

These behaviors coincide with neurological changes in the reward center of the brain that support the hypothesis that the rats are sugar junkies.

Neurobiological evidence for food addiction is compelling, but the diagnostic criteria for dependence, such as tolerance, withdrawal and loss of control, also must be looked at. “There is some evidence of tolerance and withdrawal for high-fat sweets in humans, but further research is needed,” Gearhardt says.

However, there is substantial evidence that some people lose control over their food consumption, suffer from repeated failed attempts to reduce their intake, and are unable to abstain from or cut back on certain foods even in the face of negative consequences, she adds.

“It’s a necessary fuel, but it’s sort of like gasoline – you can flood the engine.”

— Dr. Jacob Teitelbaum

Inasmuch as sugar is like a drug of abuse, is quitting cold turkey the best way to kick the habit?

“If you’re an alcoholic you can say I’ll never drink again, but it’s harder with food,” Gearhardt says.

Start by getting rid of “potent, highly processed, unnatural forms of sugar,” including fast food and sodas, she suggests.

Study food labels, and as a general rule of thumb, don’t eat anything that lists sugar in any form – sucrose, glucose, fructose, dextrose, corn syrup – as one of the top three ingredients on the label. Avoid the white flour found in many breads and pastas, too, because the body rapidly converts it to sugar, Teitelbaum says.

Milk aside, “If a food contains more than 10 grams of sugar, put it down. That’s a

party food,” says Sharon Zarabi, a dietitian in New York City.

Look out for stealth sugars. “A lot of food manufacturers add fiber because it’s healthy, but very often they add sugar, too, to make it appealing,” she says.

Give into an indulgence every once in a while, Zarabi says. But remember, not all sweets are created equal. If a cup of sweetened tea, a piece of fruit or a stick of sugarless gum doesn’t satisfy your hankering, opt for dark chocolate instead of milk chocolate, or a small handful of peanut M&Ms (more healthful nut, less chocolate). It’s also a good idea to keep sugar-free frozen fudge bars on hand, Zarabi recommends. Some brands have as few as 40 calories per serving.

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Steps to better brain development

Babies who are unable to crawl at 9 months are more likely to have behavioral problems and lag behind in school at age 5, a London study reveals.

Though some health professionals agree that crawling is a critical developmental phase, the consensus holds that kids who don't crawl will not pay later provided they develop gross and fine motor skills and reach other milestones, such as sitting and walking.

"There are plenty of kids who skip crawling and they seem to do just fine. I look more at when they start walking. If at 18 months a

child isn't walking, that's a concern," says developmental pediatrician Dr. Deborah Mishek, San Diego.

London's Millennium Cohort Study, made public in February, likely will stoke the controversy, not lay it to rest. London University's Institute of Education analyzed the progress of nearly 15,000 children born in 2000 and 2001 from birth to age 5. The study found that tots who were slow to develop motor skills such as crawling by 9 months of age were significantly more likely to be behind in their cognitive

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Steps

development and also more likely to have behavioral problems.

In addition to building muscle strength and improving coordination, crawling likely plays a role in cognitive development, and it teaches babies where their bodies are in space and in relation to other objects, says Dr. Brent Jensen, a pediatrician at Sacred Heart Hospital, Eau Claire, Wis. But babies who don't crawl typically learn these things by some other means, he adds.

Others argue that the act of crawling provides for unique, necessary learning opportunities. Crawling requires oppositional arm and leg movements. Since movement on one side of the body is initiated by the opposite side of the brain, crawling requires the use of both the right and left hemispheres of the brain.

Children who skip it and go straight to walking are not more advanced but rather at risk for a host of setbacks

down the line, including learning disabilities, poor coordination and vision problems, says developmental psychologist Patricia Lemer, Developmental Delay Resources, Pittsburgh.

"Some parents think their kids are geniuses because they're walking at 9 months, but they'll have problems down the line because they didn't spend time on the floor with their eyes and hands working together as a team," she says.

Doctors tend to agree that fewer babies learn to crawl these days, in part because the American Academy of Pediatrics in the mid-'90s started advising parents to put their babies to sleep on their backs to help prevent sudden infant death syndrome. With so much less time spent on their bellies, babies literally are not in a position to learn to crawl or develop the necessary upper body strength. Babies learn to locomote in other ways, such as rolling or scooting to explore their environment. If these movements lead to walking, and there are no corresponding delays in other areas, most doctors say

“There are plenty of kids who skip crawling and they seem to do just fine. I look more at when they start walking. If at 18 months a child isn't walking, that's a concern.”

– Dr. Deborah Mishek

not to worry. However, “Compensatory movements limit how children scan their environments,” which can cause reading difficulties and other problems later on, says Dr. Deborah Zelinsky, a neurodevelopmental optometrist who practices in Northbrook, Ill.

Whether or not crawling is important, doctors recommend giving babies supervised “tummy time” each day to develop back and neck muscles. Parents can then

encourage crawling by holding an enticing object just out of reach. Kids generally start crawling between 6 and 9 months. If they don't, “Watch the child's development over time. If the development of gross motor skills occurs in a decent progression, that's much more important than the actual act of crawling,” Jensen says. “If the kid is pulling up to stand, if all the rest is happening quite well, then if the baby's not crawling,



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Something's fishy

A new study shows that regular use of fish oil supplements may reduce risk of breast cancer

For women, the benefit of a fish fillet may go beyond the protein, mental health and the delicious taste. A recent study by researchers at the Fred Hutchinson Cancer Research Center in Seattle links consumption of fish oil supplements with a decreased risk of breast cancer.

Regular consumption of high levels of the omega-3 fatty acids EPA and DHA contained in fish oil supplements was linked with a 32-percent reduced risk of breast cancer in the study led by Emily White, Ph.D., a member of the public health sciences division.

The Hutchinson study is the first to link these substances to breast cancer. Previous studies of fish intake and omega-3 fatty acids have been inconsistent. "It may be that the amount of omega-3 fatty acids in fish oil supplements are higher than most people would typically get from their diet," White says.

White and other researchers followed 35,016 postmenopausal women for six years. Initially, none of the women had a history of breast cancer and each completed a 24-page questionnaire about their use of non-vita-

min, non-mineral "specialty" supplements. Six years later, 880 cases of breast cancer were identified.

While excitement has emerged with increasing evidence about the health benefits of fish oil, White and other medical professionals encourage caution.

"It is very rare that a single study should be used to make a broad recommendation," said Dr. Edward Giovannucci, professor of nutrition and epi-

demiology at the Harvard School of Public Health and an editorial board member of "Cancer Epidemiology, Biomarkers & Prevention."

"Over a period of time, as the studies confirm each other, we can start to make recommendations," he says. Harvard researchers are now enrolling what they plan to be a study of 20,000 patients to examine the impact of fish oil supplements and vitamin D on can-



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816 Gordon Ave.
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TruMarx Drugs
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Walgreen's
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PHYSICAL THERAPY

Physical Medicine and Rehab of S. GA
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Miller, David A., M.D.
421 East Jackson Street
229-226-8850

Cairo Physical Therapy
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229-377-0882

Thomasville Physical Therapy
1203 E. Jackson Street
229-228-4155

PLASTIC SURGERY

Aesthetic Plastic Surgery Center
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Plastic Surgery Associates of South Georgia
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229-228-9900

Plastic Surgery Associates of Valdosta, P.C.
230 Northside Drive
Valdosta, GA
1-800-880-5391

PODIATRY

Advantage Foot Care
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Ankle & Foot Specialists of South Georgia PC
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229-226-1338

South Georgia Family Foot Institute PC
510 Gordon Ave.
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229-226-8619

PSYCHIATRY

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401 Old Albany Rd.
229-228-8190

Eugenio, Henry A. MD
602 Victoria Pl
229-225-9050

Psychiatric Associates of Thomasville LLC
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229-227-9851

PSYCOLOGY

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RHEUMATOLOGY

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Step N Stones
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229-227-1433

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100 Mimosa Drive
229-228-5500

Urology Institute & Continence Center
817 Smith Ave.
229-227-0086

VASCULAR

South Georgia Surgical Associates
100 Mimosa Drive
229-226-8881

South Georgia Vein Center
www.valdostaveins.net
229-259-9666

Vascular Interventional of Thomasville Associates
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229-226-0125

WEIGHT LOSS

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WATER WORKS



Finding the appropriate fitness direction to take for long-term weight management doesn't always mean following the signs to the local gym – or even the a running path or biking trail. According to experts, water sports are one of the best, low-impact ways to get a serious workout that also feels remarkably like playtime.

Here are five waist-whittling suggestions for fun and getting fit in the water:

Stand-up paddling

Paddlers can scorch through 500 to 1,000 calories per hour, depending on their pace.

Recently popularized by such über-fit celebrities as Jennifer Aniston and Matthew McConaughey, not only is stand-up paddling a phenomenal core workout, it also has numerous cross-training benefits, says Brad Jurica, a personal trainer

and instructor for Argyle Men's Adventure Boot Camp in Dallas. The strength and balance required to stay upright and move forward constantly engages the ankles, legs, hips, buttocks, arms, neck, back and stomach muscles. It's also a good cardio workout, and because it can be done in the waves or on flat water, it's generally safe and easy enough for people of all ages and shapes.

Put safety first. Use an ankle leash attached to the board when paddling on a lake or ocean. Never use a leash on a river, because it can snag and hold a paddler down. Paddle up-wind first, since it requires more energy. Weaker swimmers should wear a life vest.

Surfing

Approximately 206 calories per hour, or the number of calories in about one serving of ice cream.

H2O lovers, rejoice! Here's the skinny on how to drop weight and get in shape in the water

Thanks to all the paddling required to reach and catch a wave, surfing is one of the best cardiovascular workouts around, Jurica says. Paddling also provides a fantastic workout for the back and shoulders. Once they're standing up, surfers work the legs, hip flexors and core as they balance and guide the board. Surfing is exercise that's also good for mental well-being.

"One of the hardest things about surfing is that you use muscles in your neck, core and back that you likely haven't used in a while," Jurica says. Anyone considering an attempt at surfing on an upcoming vacation should prepare by doing push-ups, pull-ups, sit-ups and simultaneous dorsal and leg raises to condition back muscles in order to remain in the paddling position for multiple hours.

Swimming

Approximately 415 to 670 calories per hour, depending on the pace.

The motions involved in swimming combined with the effort it takes to keep afloat make swimming a fantastic total-body workout, says Ashley Conrad, a former competitive swimmer and Los Angeles-based celebrity fitness coach who recently trained Bradley Cooper for his role in "The A-Team." This low-impact exercise utilizes the triceps, deltoids, lats, glutes, hip flexors and core, but it also strengthens the heart, lungs and joints.

Endless laps at the same pace in the pool can get just as tiresome as ticking off monotonous miles on the treadmill. Conrad suggests shaking things up by swimming intervals. Swim one lap as fast as possible and then rest for 15 seconds;

repeat 10 times. Then swim two laps as fast as possible, and repeat five times. Swimmers should continue that alternation for an hour, or for a length of time that suits their individual training level.

Water skiing

Approximately 405 calories, which is equal to about one large mocha or latte.

Skiing works the shoulders, biceps, triceps, quadriceps, hip flexors, hamstrings, upper back, glutes, calves and forearms. Secondarily, it works the abdominals, chest and lower back.

To kick up this watery workout a notch, do deep squats while balancing on speeding skis. Hold the position for a few seconds, pop back up and then repeat.

Kayaking

Approximately 342 calories per hour, or the calorie equivalent of a margarita.

This low-impact paddle-sport is the perfect activity for anyone who wants to strengthen and define the upper body, Conrad says. It takes approximately 500 strokes to propel a boat forward one mile, during which the shoulders, arms, lats and core are in perpetual motion.

One of the reasons kayaking has become so popular is that it can be done in just about any body of water, from shallow ponds to rough seas. But for optimal comfort and efficiency, it's important to make sure the boat is fitted to an individual's body: The small of the back should be tight against the seat-back; the balls of the feet should brace against the foot pedals; and the knees, when bent, should be in contact with the sides of the cockpit.

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