



## HEALTHY BYTES

### Trial Participants Needed



#### **Are You Frustrated with Caring for Your Alzheimer's Patient? You are NOT alone.**

Please contact our office at 717-267-3606 or write to Kathy at [kathy@scotlandfamilymedicine.com](mailto:kathy@scotlandfamilymedicine.com) if you, a friend or family member would be interested in being considered for a **new medication** that is being investigated to help with behavior of patients with **Alzheimer's** disease. Visit [www.triadstudy.com](http://www.triadstudy.com) for

more.

### Cancer

#### **What is Cancer?**

The body is made up of many types of cells. Normally, cells grow, divide and then die. Sometimes, cells mutate (change) and begin to grow and divide more quickly than normal cells. Rather than dying, these abnormal cells clump together to form tumors. If these tumors are cancerous (also called malignant tumors), they can invade and kill your body's healthy tissues.

From these tumors, cancer cells can metastasize (spread) and form new tumors in other parts of the body. By contrast,



noncancerous tumors (also called benign tumors) do not spread to other parts of the body.

There are many different types of cancer, but all cancers begin with abnormal cells growing out of control. The type of cancer is determined by what type of cells begin to grow abnormally and where in the body the abnormal growth occurs.

## **Am I At Risk?**

Everyone has some risk for cancer. In the United States, cancer is likely to affect 1 in 2 men and 1 in 3 women at least once in their lifetime. The amount of risk you have depends on a number of factors. These factors include tobacco use, lifestyle choices (such as diet and exercise), family history and factors in your workplace and environment.

Dr. Rictor can help you understand your risk for cancer, especially if other members of your family have a history of cancer. Dr. Rictor can also help you understand how your risk for cancer is affected by the following:

- Using or having used tobacco products, such as cigarettes or chewing tobacco
- Drinking alcohol
- Having eaten a diet high in fat for much of your life
- Being exposed to chemicals that can cause cancer
- Being at risk for skin cancer

Depending on your age and your risk factors, Dr. Rictor may begin screening you for certain types of cancer. Screening means looking for certain cancers before they cause any symptoms. Some doctors recommend that people who are at high risk or have a family history of cancer be screened more often, or at a younger age, than people who have average cancer risks. The recommendations for screening vary for different cancers.

## **Screening Tests For Women**

A mammogram is a special type of low-radiation X-ray of the breast. If you are between the ages of 50 and 75, you should have a mammogram every 2 years. If you are at high risk for breast cancer, such as a history of breast cancer in your family, Dr. Rictor may want you to have mammograms more often or at a younger age than 50. The value of mammography for average-risk women in their 40s is controversial and you should discuss the pros and cons of this with Dr. Rictor to make a decision you are comfortable with.

During a Pap smear, Dr. Rictor takes a sample of cells from your cervix to be tested for cervical cancer. Unless Dr. Rictor suggests that you need one more often, you should have a Pap smear:

- Every 3 years beginning at 21 years of age and continuing until 65 years of age
- Within 3 years of when you start having sex if you are younger than 21 years of age
- If you are between 30 and 65 years of age and you want to have Pap smears less often, talk to your doctor about combining a Pap smear with HPV testing every 5 years

Certain things put you at higher or lower risk for cervical cancer. Your doctor will consider these when recommending how often you should have a Pap smear. If you're older than 65 years of age, talk with Dr. Rictor about how often you need a Pap smear. If you've been having Pap smears regularly and they've been normal, you may not need to keep having them. If you've had a hysterectomy with removal of your cervix, talk with Dr. Rictor about how often you need a Pap smear. If you've never had a high-grade precancerous lesion or cervical cancer, ask Dr. Rictor how often you need a Pap smear.

## Screening Tests For Men



To make a decision about screening for prostate cancer, first talk to Dr. Rictor about the pros and cons of screening. Factors such as family history, age and race play a part in the risk of prostate cancer.

The National Cancer Institute, the American Cancer Society, the U.S. Preventive Services Task Force and the American Academy of Family Physicians recommend that men talk to their doctors about screening and make a decision based on the risk and potential benefits of screening, as well as their own personal values and preferences.

If you decide to have a screening, speak with Dr. Rictor for more information.

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## - DPC HIGHLIGHT OF THE MONTH

### Discounts on Medication and More

Dr. Rictor will work with your existing coverage plan or you can purchase discounted generic medications at a fraction of the cost from the office. Members have saved thousands

of dollars from this benefit alone.



Discounted Medication

SFM DPC has partnered with Quest Diagnostics and Health Network to offer cash based discounted labs. In many cases, this can allow you to pay as low as 10% of the retail cost of the lab.



Discounted Labs

SFM DPC has partnered with Chambersburg Diagnostic Imaging that can offer cash discounted imaging. In many cases, our patients have seen discounts as large as 90% off the original cost.



Discounted Imaging

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## Immunizations



Immunizations have been around for decades. Many diseases like polio, small pox and measles have virtually been eliminated with immunizations. The Centers for Disease Control determine immunization need and frequency based on incidence of disease and populations at risk. You may have fears about shots for your kids or for yourself. If so, make time to talk to Dr. Rictor to educate yourself about these preventative treatments and make the best choice for you and your family.

Scotland Family Medicine has access to all immunizations that you would need and will work with you to provide them in a timely manner.

## Coming Up...

Keep your eyes peeled next month for another interesting Healthy Bytes! If you enjoy these newsletters, share them with your friends on Facebook and other social media sites. Share the love!

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## Any Suggestions?

We'd love to hear any suggestions you might have for us. If there's a specific topic you'd like us to cover, a preference on how often you'd like to receive these newsletters or any other thoughts you have on how we're doing, please contact us **here** or just give us a call at 717-267-3606. Thanks!



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