

LivingWell

We're Caring for Life



Breast Cancer: When Family History Repeats Itself

The women in your family may share the same curly hair and sense of humor—as well as some of the same health risks.

One disease that can run in families is breast cancer. Most cases of breast cancer are not inherited. However, having a sister or mother who has had this disease can double a woman's risk of getting it herself. The risk triples for women who have a close relative who was diagnosed before age 50.

In some families, a history of breast cancer is caused by changes in certain genes. For example, two genes called BRCA1 and BRCA2 are related to higher risks of breast cancer—as well as ovarian and possibly even colorectal cancer. Breast cancer caused by these genes tends to occur earlier in life and involve both breasts.

If you have a family history of breast cancer, talk to your doctor about some of the ways you can protect yourself. For example, you might want to discuss the pros and cons of getting mammograms before age 40—the recommended age for most women to start these screening tests. Other tests also may be helpful to determine your risks or check for early signs of breast cancer. You also may discuss the benefits and risks of taking a selective estrogen receptor modulator (SERM). This type of medicine can reduce the risk for breast cancer in high-risk women.

In addition, paying attention to your lifestyle is important. One recent study in the journal *Cancer Epidemiology, Biomarkers and Prevention* found that many women with strong family histories of breast cancer often don't make lifestyle changes to reduce their risk. According to experts, these risk-reducing strategies may include being more active, not smoking, staying a healthy weight, eating plenty of fruits and vegetables, and limiting the use of alcohol. ■

Digital mammography is a powerful new tool available at Avera St. Luke's. For more information, see the story on page 3.

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Pills, Potions, and Gadgets: Too Good to Be True?

Whether looking for a quick way to lose weight or an antidote to aging, consumers may be spending billions of dollars each year on bogus health products, says the Federal Trade Commission (FTC).

Here are some tips to help you spot a scam:

- Beware of products promising one cure-all or diagnostic test for a wide variety of ailments.
- Be skeptical about personal testimonials touting amazing results.
- Look out for statements that suggest the product can cure or treat diseases such as cancer or arthritis. Words such as “scientific breakthrough” and “miraculous cure” are other tip-offs.
- Distrust “no-risk, money-back guarantees.”
- Don’t fall for ads claiming the product has limited availability. Learn about a product

before you buy it, and don’t be forced into a snap decision.

When evaluating health information—whether from an ad, a website, or an article in the newspaper—ask yourself these questions to help judge the information’s reliability:

- Who or what is the source? The federal government, medical schools, hospitals and health systems, peer-reviewed medical journals, and nonprofit groups such as the American Cancer Society typically can be trusted to provide accurate and nonbiased information.
- Will the source make money from the information? A recent study found that content from websites with a financial bias was likelier to be inaccurate and misleading than content from sites with no financial interest at stake. ■

**Reliable Health
Information at
www.averastlukes.org**

Many people find facts about healthcare by going online. The caution is to go to reliable sources. A good way to determine if the information is credible is to use sites associated with trusted hospitals and health systems, like Avera St. Luke’s, www.averastlukes.org, and Avera, www.avera.org.

Search our **Health Library** for information about diseases and other health topics. Our **Illustrated Library** houses information on more than 1,500 topics, with detailed illustrations, photos, and diagrams.

You can **Find a Doctor**, send an **Avera Care Card** to a patient at Avera St. Luke’s, or peek on the **Small Miracles** page—a very popular feature—to see a newborn.

Go to **Classes & Events** to see what’s being offered. Check out press releases in the **News** section. Under **Services** you’ll find information from Business Health to Pregnancy & Birth to Sports Medicine and much more.

Learn more about Avera St. Luke’s Hospital, our clinics, as well as senior living opportunities at Avera Mother Joseph Manor Retirement Community in Aberdeen and Avera Eureka Health Care Center, all at www.averastlukes.org.



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An easy way to send something special to a friend or relative who is a patient at Avera St. Luke’s is to use our Online Gift Shop. Our volunteers will deliver orders right to the patient’s room. Go to www.averastlukes.org and click on Gift Shop.

DIGITAL Mammography Helps Breast Cancer Battle

The best and latest technology for mammography is now available in Aberdeen. As the only site in the region to offer *digital* mammography, Avera St. Luke's new Imaging Center has introduced a new and powerful tool in the detection and fight against breast cancer.

Avera St. Luke's already does about 10,000 mammograms each year. With one out of eight women developing breast cancer in their lifetime, getting the best diagnosis possible is important. "This new digital system will revolutionize breast care," says **Lee Ann Tople, Avera St. Luke's Director of Diagnostic and Therapeutic Services**. "It allows us to offer our patients state-of-the-art mammograms that are faster and easier than before. It also gives our referring physicians more accurate images to use in diagnosis." Digital mammography is an excellent technology for all women and has proven to be especially effective in diagnosing breast cancer in women younger than 50.

The GE Senographe Essential digital mammography system

features a large detector to accommodate breasts of all shapes and sizes. Another highlight is computer-aided detection (CAD), a computerized method of cancer detection that indicates potentially cancerous areas on the images.

The Imaging Center also offers the most advanced technology in ultrasound imaging, along with 16-slice CT, direct radiology, and bone densitometry (DEXA). The new center, located at 820 First Avenue S.E. in Aberdeen, is part of Avera St. Luke's \$5 million Healthcare Plaza project, which also has space available for physician clinics. ■

A doctor's order is needed to schedule an appointment at Avera St. Luke's Imaging Center. For more information, call the Imaging Center at 605-622-2550 or Centralized Scheduling at 605-622-5556.

Avera St. Luke's cancer program has been granted approval from the Commission on Cancer of the American College of Surgeons, signifying that it offers the very best in cancer care.



New Imaging Center on First Avenue



Comfortable Reception Area



Separate Women's Clinic Area



New Digital Mammography

RECIPE FOR HEALTH

Low-Fat Scalloped Potatoes



INGREDIENTS

1 T butter, melted
1/8 C flour
1 C skim milk
1 1/2 T dried onion flakes
Salt and pepper
Pam butter-flavored cooking spray
20 ounces raw potatoes, sliced thin (approximately 3 medium potatoes)

- 1) In a 2-cup measuring cup, mix melted butter and flour. Gradually add milk, stirring until smooth. Add onion, salt, and pepper.
- 2) Microwave at medium high (70% power) until smooth and slightly thick (4-6 minutes), stirring about every 3 minutes.
- 3) Spray a 2-quart casserole with Pam butter-flavored spray and alternate layers of potatoes and sauce, spraying each layer with butter-flavored spray. Cover and bake at 350°F for about 45 minutes.

Yield: 3-4 servings

Per serving: 240 calories, 4.3 g total fat (2.6 g saturated fat)

THE FIGHT AGAINST
CANCER BEGINS HERE

Ron L. Jacobson
President and CEO

For years, Avera St. Luke's has committed its resources to treating cancer. We

have enhanced our diagnostic and treatment facilities and recruited experts to help patients dealing with the various faces of this disease. The new digital mammography technology noted in this newsletter is one example of how we, along with your physician, encourage early detection of breast cancer. We also hold low-cost prostate cancer screenings annually. We recruit oncology specialists and surgeons to our medical staff and back them up with our support services and staff. Additionally, the hospital's website provides up-to-date information and resources to help patients and their families.

Our mission is to make a positive impact in the lives and health of the communities we serve. Teaming up with you to deal with cancer is one of the ways we try to do that.

Food Allergies: New Guidelines Can Help You Find Hidden Culprits

Thanks to new food-labeling standards recently passed by the U.S. Food and Drug Administration (FDA), managing food allergies just got easier. Now, the labels of all grocery items must clearly state if they contain ingredients from the most allergenic foods.

More than 90% of all food-allergy reactions are triggered by just a few common foods. These are the foods and some of the surprising products in which they might be found:

- **Milk:** sherbert, canned tuna, and margarine
- **Eggs:** egg substitutes, salad dressings, pretzels, and soups
- **Peanuts:** chili, energy bars, and baked goods
- **Tree nuts, such as walnuts and almonds:** barbecue sauce, crackers, and cereals
- **Fish and shellfish:** imitation crabmeat, Caesar salad dressing, and Worcestershire sauce
- **Wheat:** imitation crabmeat, hot dogs, and ice cream

■ **Soy:** crackers, infant formula, and cereals
The only way to avoid a reaction is to identify allergens and stay away from them.

Symptoms of an allergic reaction vary from person to person, but they may include:

- itching of the face, mouth, or skin
- swelling of the lips and throat
- hives
- coughing
- tightening of the throat
- vomiting, diarrhea, or stomach pain
- wheezing.

If you suspect you have a food allergy, see your doctor for testing. Most allergic reactions are fairly mild and can be treated with an antihistamine or an inhaler that can help open your airways. However, some people with severe allergies could have an anaphylactic reaction, which can be fatal. If you are at risk for anaphylaxis, always carry a syringe of adrenaline prescribed by your doctor. Use it at the first sign of a reaction and call 911. ■

Visit our website at www.averastlukes.org.

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and Presentation Sisters

Living Well

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