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Diabetes diagnoses are on the rise, and the numbers are jaw dropping. According to the World Health Organization, the number of people with diabetes totaled 108 million in 1980. By 2017, the International Diabetes Foundation was reporting that figure had risen to 425 million adults, with estimates that it may be as high as 629 million by 2045.

Diabetes is not just a global health issue, but a financial concern as well. The IDF reported that diabetes caused at least $727 billion in health expenditures in 2017. Despite its prevalence and the financial toll it takes on families across the globe, many people including parents admit they are in the dark about the warning signs of diabetes. In fact, in 2018 researchers with the IDF released a report indicating that four in five parents have trouble recognizing the warning signs of diabetes. That can be detrimental to their own health as well as the health of their children.

The National Institute of Diabetes and Digestive and Kidney Diseases notes that symptoms of type 2 diabetes, which is the most common form of the disease, often develop slowly and can be so mild that people do not notice them. However, people who notice any of the following symptoms should discuss them with their physicians immediately:

- Increased thirst
- Weight loss
- Fatigue
- Blurred vision
- Numbness or tingling in hands or feet
- Sores that do not heal
- Increased urination
- Increased hunger
- Inability to concentrate
- Increased appetite
- Frequent infections
- Feeling tired all the time
- Increased risk of heart disease
- Vision changes

Parents who notice their children exhibiting any of these symptoms should ask their youngsters if they are feeling unusual in any other ways, as kids may not think to report symptoms to their moms and dads. In addition, parents should call their children’s pediatricians if they notice any symptoms that may be indicative of diabetes.

Much is still unknown about diabetes, including, in certain instances, its causes. For example, the NIDDK says that scientists think that type 1 diabetes is caused by genes and environmental factors, including viruses, that may trigger the disease.
Research as to the potential causes of type 1 diabetes is ongoing. Lifestyle factors and genes play a role in the formation of type 2 diabetes. For example, being overweight, obese and physically inactive are factors that increase a person’s likelihood of being diagnosed with type 2 diabetes. Therefore, a healthy diet and routine exercise can be great ways for people to reduce their risk for type 2 diabetes. Insulin resistance, genes and family history are some additional factors that scientists have linked to type 2 diabetes.

Diabetes diagnoses are on the rise across the globe. More information about diabetes is available at www.niddk.nih.gov.

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January — the beginning of a new year, the month everyone decides to go back to the gym or get in shape, the month for changes, the month for new beginnings. January is also the month that has been deemed Thyroid Awareness Month. This is the time when the thyroid gland gets some much-needed coverage. Unfortunately, not everything circulating or being shared out there in the cyber universe is correct so let’s clear up some misconceptions and share some information regarding the little gland.

**THYROID 101**

The thyroid is a small gland located in the base of your neck that is part of the endocrine system. This tiny gland has a big job, and there’s no disputing that! This gland is responsible for various functions including the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will feel the effects.

**THYROID PROBLEMS**

Many people are somewhat familiar with the condition known as hypothyroidism; this typically describes the condition where the thyroid gland is in a sub-optimal state and is not producing enough of the thyroid hormones necessary for the body to function, but hypothyroidism is also linked to thyroid conversion issues (the inactive form, where T4 is not converting to the active form, T3) and transport issues. While this condition counts for many people that are suffering from thyroid dysfunction, there are various other conditions, as well. These conditions include hyperthyroidism (thyroid gland in an over-active state), Graves’ disease and Hashimoto’s disease (autoimmune diseases), goiter (thyroid enlargement), thyroid nodules (growths on the thyroid gland that can be caused by another condition, i.e. Hashimoto’s), and thyroid cancer.

**DYSFUNCTION SYMPTOMS**

The symptoms vary depending on the condition, but there are many warning signs that something is not right. There are over 300 symptoms that indicate thyroid dysfunction, the most common ones being:

- Cold hands/feet (hypothyroidism)
- Dry skin (hypothyroidism)
- Unexplained weight gain (hypothyroidism)
- Unexplained weight loss (hyperthyroidism)
- Loose bowels/diarrhea (hyperthyroidism)
- Vision issues (Graves’ disease)
- Difficulty swallowing (goiter/thyroid nodules)
FINDING THE PROBLEM

One misconception that continues to be held as fact about thyroid dysfunction is that the TSH (thyroid stimulating hormone) test is the best way to determine if an individual has a thyroid problem. This is far from true.

The test used to determine if an individual has a thyroid problem doesn’t even test the thyroid itself. Instead, the TSH test checks the levels of the pituitary gland. The TSH is the hormone that is produced by the pituitary gland to tell the thyroid gland to create more or less hormones; however, this doesn’t tell us how much of the thyroid hormones are being produced, how many are being converted to the active form of thyroid (T3) versus the reverse (RT3), or if the hormones are even getting into the tissues.

The best way to find out if you have a thyroid problem is by having the following blood tests run:

- Free T4
- Free T3
- RT3 (Reverse T3)
- TSH
- Anti-thyroid peroxidase antibody (anti-typo antibody)
- Antithyroglobulin antibody
- Sex hormone-binding globulin (SHBG)

These results combined with the measurement of your reflex speed, basal metabolic rate, and a clinical assessment can determine whether you have a thyroid issue.

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**Risk factors for Stomach Cancer**

More than one million new cases of stomach cancer will be diagnosed across the globe in the year ahead. According to the American Cancer Society, stomach cancer is the second leading cause of cancer worldwide. Despite that, the average person may know little about stomach cancer, including its risk factors, many of which can be avoided with the right lifestyle choices.

Because stomach cancer has a five-year survival rate of just 31 percent, it’s imperative that men and women learn the risk factors for this potentially deadly disease:

- **Smoking**
- **Obesity**
- **Diets rich in smoked, salted and pickled foods**
- **Diets low in fresh fruits and vegetables**
- **Long-term exposure to dust and fumes**
Behavioral risk factors for stomach cancer are within one’s control. For example, No Stomach for Cancer, an organization dedicated to supporting stomach cancer research, notes that lifestyle changes like quitting smoking and eating a diet rich in fruits and vegetables can potentially reduce a person’s risk for stomach cancer. However, there are some additional risk factors beyond one’s control that people should be aware of as well. Recognizing these risk factors may compel people to seek treatment if they begin noticing gastrointestinal symptoms.

- **Age:** A person’s risk for stomach cancer is greater after age 65.
- **Gender:** Men are more likely than women to develop stomach cancer.
- **Family history:** Knowing your family history and discussing it with a physician can help healthcare providers determine if you are at risk for inherited cancer syndromes.
- **Ethnicity:** No Stomach for Cancer notes that certain ethnic groups, including Hispanic Americans, African Americans, Pacific Islanders, and Asians, have a greater risk of developing stomach cancer than other groups.
- **Bacterial infection:** The H. pylori bacterial infection, which is a common bacterial infection of the stomach, can increase a person’s risk for stomach cancer. However, seeking treatment for this infection can reduce the likelihood that a person will develop stomach cancer.

Stomach cancer is a deadly disease, but one that can often be prevented with the right lifestyle choices. Learn more at www.nostomachforcancer.org.

**Signs and symptoms of stomach cancer may include:**

- Fatigue
- Feeling bloated after eating
- Feeling full after eating small amounts of food
- Severe, persistent heartburn
- Severe indigestion that is always present
- Unexplained, persistent nausea
- Stomach pain
- Persistent vomiting
- Unintentional weight loss

_source: MayoClinic.org_
Modern grocery stores are unlike the ones today’s adults encountered when they were children. Grocery stores are not only bigger today than they were years ago, but they’re also stocked with items that weren’t available until recently.

One stroll through the produce section reveals just how different modern grocery stores are from those of yesteryear. Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they’re better off choosing organic versus traditional products, and research suggests they are.

- Organic foods contain less pesticides and toxic materials.
- A 2014 meta-analysis published in the British Journal of Nutrition found that organically grown crops were less likely than conventionally grown crops to contain detectable levels of pesticides.
- The analysis also found that organically grown crops were 48 percent less likely to contain cadmium than conventionally grown crops. Cadmium is a toxic heavy metal that can accumulate in the liver and kidneys, which the Global Healing Center believes affects blood pressure, induces bone damage and affects renal systems in children.
- Organic crops contain more antioxidants than conventional crops. The same analysis also found that organic crops had significantly higher levels of antioxidants, which promote...
strong immune systems, than conventionally grown crops. Organic crops were found to contain 69 percent higher levels of flavanones and 51 percent higher levels of anthocyanins than their conventional counterparts. The extra antioxidants in organic foods is nothing to scoff at, as the National Cancer Institute notes that antioxidants neutralize free radicals, excess levels of which can potentially lead to the formation of various types of cancer and other diseases.

- Organic products cannot contain synthetic hormones. Conventionally raised animals are sometimes injected with synthetic growth hormones so they will gain weight more quickly and produce more milk. Residue from those substances, which cannot be used in the production of organic meat and dairy products, is believed to contribute to widespread antibiotic resistance, according to the Biodesign Center for Environmental Security at Arizona State University. In addition, some studies have suggested a strong connection between the hormones given to cattle and cancer in humans.

- Organic dairy products can promote cardiovascular health. A 2013 study from researchers affiliated with the Center for Sustaining Agriculture and Natural Resources found that organic milk contained 25 percent less omega-6 fatty acids and 62 percent more omega-3 fatty acids than conventional milk. The Organic Center notes that’s a considerable benefit, as higher amounts of omega-3 and lower amounts of omega-6 fatty acids help promote cardiovascular health and support the immune system.
April is Alcohol Awareness Month. This public health program, organized by the National Council on Alcoholism and Drug Dependence, is intended to increase outreach and education regarding the dangers of alcoholism and issues related to alcohol.

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. Psych Central points out that denial is a major characteristic of alcohol abuse, both from the person currently experiencing it and from friends and family members who are uncomfortable acknowledging the gravity of the situation.

**CREATIVE PREVENTION STRATEGIES**

For Alcohol Awareness Month in 2017, Frances M. Harding, the Director of the Center for Substance Abuse Prevention at the Substance Abuse and Mental Health Services Administration, singled out the alarming rates of alcohol consumption in colleges and universities as an example of why Alcohol Awareness is so important. Almost 60 percent of students, some as young as 18, drink alcohol in any given month. Binge drinking is often thought of as a rite of passage, and many fraternities and sororities use alcohol in hazing rituals. College administrations and state governments are turning to “creative prevention strategies” to address the epidemic, and Alcohol Awareness Month gives them the platform to spread the message.

Almost every day 30 people die in motor accidents involving alcohol.
Alcohol abuse goes beyond college kids getting too drunk at parties. Every year, 6,500 people aged 21 and under die from alcohol-related accidents, some of whom were not even drinking themselves. Alcohol use by people who do not know how to drink responsibly or are unaware of the risks contributes to higher rates of violence, sexual assault, and suicide. Drunk driving by irresponsible people causes a public safety risk and costs the government as much as $114 billion every year, according to NCADD. The human cost of alcoholism is much higher.

Alcohol withdrawal while detoxing and coping with its symptoms is often the first step in the rehabilitation process for people with significant levels of alcohol dependence. Left unmanaged, heavy alcohol users may experience uncomfortable and potentially severe alcohol withdrawal symptoms when attempting to quit. Acute alcohol withdrawal may include symptoms such as irritability, anxiety, agitation, increased heart rate, high blood pressure, seizures and in rarer cases, delirium tremens. A supervised, medical detox can help people avoid unnecessary discomfort or life-threatening withdrawal complications.
Education plays a vital role in understanding hepatitis, which the World Health Organization (WHO) considers a major public health problem. Advancements in medicine have helped millions of people across the globe survive diseases that might have claimed their lives not long ago. For example, a 2018 study published in the Journal of the American Medical Association found that deaths from infectious diseases declined by 18.7 percent between 1980 and 2014.

As encouraging as that report is, it’s worth noting that the mortality rates for certain diseases are not in decline, but on the rise. In fact, the WHO, in its 2017 Global hepatitis report, noted that mortality caused by viral hepatitis is on the rise. (Note: The WHO report focuses on hepatitis B and C, which the organization notes are responsible for 96 percent of all hepatitis mortality.)

**WHAT IS HEPATITIS?**

Hepatitis is inflammation of the liver. The Centers for Disease Control and Prevention note that hepatitis is often caused by a virus. According to the WHO, there are five main types of hepatitis, which are referred to as types A, B, C, D, and E. These five types pose the greatest threat because they can cause both illness and death. But these five types also have the potential to cause outbreaks and spread epidemics. How are the different types of hepatitis contracted?

The WHO notes that hepatitis A and E are typically caused after a person ingests contaminated food and water. The WHO says that most people in areas of the world with poor sanitation have been infected with the hepatitis A virus, while the hepatitis E virus is a common cause of outbreaks in the developing world. Safe and effective vaccines for each of these types are available, though the WHO notes the E vaccine is not widely available.

Hepatitis B, C and D infection typically occurs after contact with infected bodily fluids. For example, hepatitis B can be spread if an infected person shares his or her needles, razors or toothbrush. Transmission of the viruses can occur through the receipt of contaminated blood or blood products or if contaminated equipment is used during invasive medical procedures. Hepatitis B can be transferred from infected mothers to infants at the time of birth or from family members to infants in early childhood. Healthcare workers who care for patients infected with hepatitis B are at risk for the disease, though there is a vaccine that can offer protection against hepatitis B and D. No such vaccine exists for hepatitis C, which the WHO notes is mostly transmitted through exposure to infected blood. Though it is uncommon, hepatitis C also can be transmitted sexually.

Learn more at www.who.int.
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Alzheimer’s Disease International says that there were approximately 50 million people living with dementia in 2017. Experts predict that number will roughly double every 20 years, highlighting just how pervasive dementia is across the globe.

Dementia describes symptoms affecting memory, thinking and social abilities. All these afflictions are brain-related and can become so severe that it interferes with daily life. Alzheimer’s disease is the most common cause of progressive dementia, though there are other causes. Dementias can result from frontotemporal lobar degenerations, vascular disorders, Parkinson’s disease, and Lewy Body disease.

Depending on the cause, some dementia symptoms may be reversible. For example, medical professionals have discovered a link between insulin resistance and the development of dementia. Insulin resistance, which results from eating too many carbs and sugar and not enough fat, is a major factor that contributes to Alzheimer’s disease, according to The Women’s Alzheimer’s Movement. Some scientists now refer to Alzheimer’s as Type 3 diabetes. Cutting out sugar and refined carbs and adding lots of good fats may prevent and even reverse pre-dementia in many aging adults.

Using an animal model, researchers at Temple University
Health System discovered that a drug blocking inflammatory molecules known as leukotrienes can reverse tau pathology, the second most important lesion in the brain in patients with Alzheimer’s. This can bring hope that medication may help reverse Alzheimer’s instead of just mitigating symptoms.

Other ways to prevent or reverse dementias involve preventing the brain pathology that occurs. For example, reducing the risk of stroke can prevent vascular dementias. Dementia risks linked to infections and immune disorders may be lowered by making dietary changes or taking appropriate medications for conditions.

The Mayo Clinic also says nutritional deficiencies, such as dehydration and not getting enough vitamins B1, B6 and B12, can cause dementia-type symptoms. Dementias linked to heavy metal poisoning also may be resolved with treatment.

In addition, people can take proactive approaches to preventing aging of the brain even if they aren’t yet suffering cognitive decline. A proactive approach can include:

- Getting adequate sleep
- Controlling stress levels
- Getting thyroid and reproductive hormone levels checked and treated, if necessary
- Exercising daily, aiming for at least 30 minutes
- Eating healthy fats like omega-3 fatty acids, which are found in fatty fish, coconut oil, olive oil, whole nuts, eggs, and some seeds
- Reducing consumption of sugar and processed carbohydrates.

Combatting dementia can involve an array of strategies aimed at helping people reduce their risk and possibly even reverse course.
Immunization Awareness

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Immunization has become an increasingly polarizing topic since some parents believe that vaccines cause harm. Here are some facts:

**MATERNAL VACCINATION**

- All parents have the power to ensure their babies are protected from serious diseases like pertussis and seasonal flu.
- Health professionals are their most trusted source of health information during pregnancies and are champions for healthy children.
- Vaccines reduce your risk of infection by working with your body’s natural defenses to help you safely develop immunity to disease.
- Vaccines are tested to ensure that they are safe and effective to receive during pregnancy.
- Like all medical products, vaccines can cause side effects. The most common side effects are mild and go away quickly.

A 2018 study showed that getting a flu shot reduced a pregnant woman’s risk of being hospitalized with the flu by an average of 40%. The Tdap and flu vaccines are very safe to receive during pregnancy and help prevent harm to you and your developing baby.

A 2017 CDC evaluation found Tdap vaccination during the third trimester of pregnancy prevents more than 3 in 4 cases of whooping cough in babies younger than 2 months old.
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There are many myths to aging. One of the biggest is it’s too late to take control of your health or get started on something new. Instead, why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?

September is a perfect time to celebrate Healthy Aging® Month since it is time when many people think about getting started on new tasks after the summer. Drawing on the “back to school” urge embedded in everyone from childhood, the observance month’s activities are designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness.

Healthy Aging® Month was first introduced when the baby boomer generation, the largest contingent of seniors in our nation’s history, was about to turn 50.

Careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle among vibrant, active, 45-plus people who are taking charge of their lives, following their passion, and who are happily looking forward to what’s next in life.

To get you started on re-inventing yourself, below are some ideas from the editors of Healthy Aging® Magazine (www. healthyaging.net). Maybe you will find some that will help you think outside the box.

“We don’t stop playing because we grow old; we grow old because we stop playing.”
—George Bernard Shaw
1. **Don’t act your age.** What age were you in your best year so far? Now picture yourself at that age and be it. Some people may say this is denial, but it’s positive thinking and goes a long way toward feeling better about yourself.

2. **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive.

3. **Have negative friends who complain all the time and constantly talk about how awful everything is? Avoid them.** As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.

4. **Walk like a vibrant, healthy person.** Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling?

5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Are you holding your stomach in, have your shoulders back, chin up? Fix your stance and practice it every day, all day until it is natural.

6. **Research shows people who smile more often are happier.** Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.

7. **Lonely or lacking friends and family? Do something about it now.** Volunteer your time, take a class, or invite someone to meet for lunch.

8. **Start walking not only for your health but to see the neighbors.** Have a dog? You’ll be amazed how the dog can be a conversation starter.

9. **Set up your annual physical and other health screenings.** Keep track of yourself and your health. This way, you won’t be consumed with your ailments and will be doing something proactively to correct them.

10. **Find your inner artist.** Begin a new hobby. You might have always wanted to play the piano or paint a portrait. Take a class and see what hidden talents you may have.
Breast Cancer

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc. states that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own.

Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

Here are some of the accepted self-examination takeaways:

- Changes in how the breast or nipple feels. The NBCF says nipple tenderness or a lump or thickening in or near the breast or under-arm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease. Women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.
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**Check with your insurance provider to confirm coverage for a screening mammogram. If you do not have insurance, options may be available to help with the cost. Certain coverage restrictions apply.

LKMC.com
The decision to become a bone marrow donor is a selfless and heroic act. According to Be the Match, a global leader in marrow transplantation, a bone marrow or cord blood transplant may be the best treatment option or the only potential cure for patients with various diseases, including leukemia, lymphoma and sickle cell anemia. The decision to become a bone marrow donor is not one to take lightly. Learning about bone marrow donation can help people make the most informed decision possible.

**WHAT IS BONE MARROW DONATION?**

Be the Match notes that bone marrow donation is one of two ways that doctors collect blood-forming cells for bone marrow transplants. Donation is a surgical procedure, and donors will be given anesthesia and feel no pain during the operation. During the procedure, surgeons will use needles to withdraw liquid marrow from both sides of the back of the pelvic bone. That liquid marrow is then transported to the patient’s location for transplant.

**ARE THERE ANY SIDE EFFECTS OF DONATION?**

Within two days of the procedure, donors have reported various side effects. The most commonly reported side effect, according to Be the Match, is back or hip pain, which is felt by 84 percent of donors. Fatigue (61 percent), throat pain (32 percent) and muscle pain (24 percent) are some other common side effects of donation. Prospective donors should note that the typical hospital stay for marrow donation is from early morning to late afternoon. While some donors are kept overnight for observation, many go home to sleep in their own beds after donation.

**WHAT DOES A TRANSPLANT ACCOMPLISH?**

The human body needs healthy marrow and blood cells to live. Stanford Children’s Health notes that red blood cells, white blood cells and platelets serve life-maintaining functions. But blood cells can be threatened by various conditions, including leukemia. Transplants can replace diseased, nonfunctional bone marrow with healthy bone marrow. Bone marrow transplants also may be used to replace the bone marrow and restore its normal function after high doses of chemotherapy or radiation are administered during cancer treatments. Stanford Children’s Health notes that some transplants also may replace bone marrow with genetically healthy, functioning bone marrow as doctors try to prevent further damage from some genetic diseases.

Becoming a bone marrow donor can save lives. Prospective donors who want to learn more can visit BeTheMatch.org.
HELP YOUR EMPLOYEES QUIT TOBACCO

You can make it easier for your employees to quit by creating a supportive work environment for the Great American Smokeout. You'll protect their health and your bottom line with a healthier, more productive and less expensive workforce.

HERE'S HOW

Provide employees with access to proven-effective tobacco cessation (and Affordable Care Act-required) medications and counseling.

- Four quit smoking counseling sessions, all seven FDA-approved quit smoking medications, and two quit attempts are required preventative services under the Affordable Care Act.
- Any Floridian, regardless of insurance coverage, can use Tobacco Free Florida’s Quit Your Way tools and services.
- Making a workplace tobacco free (including electronic cigarettes) supports employee quit attempts by reducing exposure to secondhand smoke and addiction triggers.

QUIT YOUR WAY

- PHONE QUIT
  Talk to a Quit Coach® to help you get started.

- WEB QUIT
  Get access to online tools to help you quit.

- GROUP QUIT
  Get the support you need at one of our group quit sessions.

- MORE QUIT TOOLS
  But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.
Hearing care to be thankful for! Call Hear 4 U today!

JOIN US NOW FOR OUR BETTER HEARING EVENT AND RECEIVE...

FREE 2-Week Test Drive

Test drive a pair of state-of-the-art hearing aids for no cost or obligation for two weeks to see if you notice an improvement in your hearing. From that point, it’s up to you to decide if a listening device is right for you.

Why choose an Audiologist?

Your hearing health needs are unique. A licensed Doctor of Audiology will work with you to assess your condition, and provide personalized solutions you can’t get from off-the-shelf hearing aids.

Michelle Couture-Souvenir, Au.D is Florida’s leading hearing care expert. Call to schedule an appointment for a no-obligation consultation – and hear the difference an Audiologist can make!

Hear 4 U Audiology offers hearing aids and hearing healthcare services including hearing screening, hearing evaluation and tinnitus treatment in Miami, Marathon, Homestead and Key West, Florida.

We also serve Panama and Dominican Republic with two offices.

**MIA MIA**
17670 NW 78th Avenue #201
(305) 403-9325

**HOMESTEAD**
Towers Professional Plaza
151 NW 11th St., Ste. W-301
(305) 809-7663

**MARATHON**
11399 Overseas Highway - Suite 7
The Exchange Building
(305) 747-7750

**KEY WEST**
513 Fleming Street, Suite 11
(2nd floor accessible via elevator)
(305) 809-6041

Visit us online at www.hear4uaudiology.com