

Inside this Month: THE MANY USES OF DENTAL IMPLANTS

Healthy Lifestyles

September 10, 2008

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BREAST CANCER SURVIVORS

(from left) Anu Bhati, Janet Sharp
and Debbie Katz

A publication of Southern Dutchess News & Beacon Free Press

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Dr. Angela Keleher, a board certified breast surgeon at Vassar Brothers Medical Center in Poughkeepsie, views a medical chart with June Hecht of Wallkill.

Photos by Curtis Schmidt and Kristine Coulter

Support groups provide essential elements for breast cancer patients

**By Kristine Coulter
Staff Writer**

They've all had enough negative emotions and information to fill a lifetime. But they have discovered that – through sharing - they can help others and themselves in so many positive ways.

They are breast cancer survivors who know their lives have been forever changed. They understand the vital need for support, both on the emotional and informational levels.

"You (have to) get up every morning and say 'I can do this. I can do this,'" local resident Debbie Katz said in reference to the approach that helped her deal with

chemotherapy treatments and a myriad of other issues during her battles with breast cancer.

"If you sit at home and keep crying, it's not going to change," said Wappingers Falls resident Anu Bhati. This past March marked five years since Bhati was diagnosed with breast cancer.

"If you're positive, your life will be better," Bhati stated.

Hope Nemiroff is another individual who espouses the benefits of a positive approach to the effects of breast cancer.

"I was diagnosed with breast cancer in 1995 and was looking for services that were hard to find," said

Nemiroff, Executive Director of Breast Cancer Options, headquartered in Kingston.

Nemiroff said her idea was to have services available in the community.

The group was incorporated in 2000. A group began meeting in Beacon last month. One of the women who attended the first Breast Cancer Options meeting in Beacon was Donna Reichner of Wappingers Falls.

"It was devastating," Reichner, 50, said during a phone interview. "It was found out on a typical gynecological exam." She was told she had stage one breast cancer, the earliest form. She underwent seven sessions of chemotherapy

treatments. Each session was approximately two hours, Reichner stated.

She said, "A few people I mentioned it to said 'I don't need that (about participating in group meetings).'" She did not think she did either. Reichner explained she talked with family and friends. They were well meaning but "...unless they're going through what you're going through, they don't understand."

Going to the meeting, Reichner commented, gave her some "relief" that people did understand.

Hearing the experiences of others who have gone through the

Continued on pg 6

**Mount Kisco Medical Group
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We are pleased to announce that
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Dr. Herde received her MD from Albert Einstein College of Medicine in 1996. She completed her residency in Obstetrics and Gynecology at Albany Medical Center in 2000. From 1999-2000, Dr. Herde was the Chief Administrative Resident of the Department of Obstetrics and Gynecology at Albany Medical Center.

Dr. Herde joins MKMG from the Woman's Care Center in Kingston/Rhinebeck, NY, where she has been in private practice since 2000. Dr. Herde provides her patients with complete obstetric and gynecological care.

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Fun activities boost health
for kids during school year
EXERCISE RULES

By Jan Labriola

The last two decades have seen a phenomenal growth in the



Jan Labriola

incidence of weight problems among kids and teenagers. Today, one out of three kids and teens between the ages of 2 and 19 are overweight or obese. This

causes a predisposition to diseases such as high blood pressure, diabetes, and joint inflammation and pain.

It can also make it harder to breathe and sleep. Being overweight can make a child feel embarrassed, sad, and even angry. But, small changes can aid in reaching a healthy weight and a happier life.

Weight problems may be caused by genetic factors, but lifestyle choices, such as a high calorie diet and lack of exercise are also factors. With summer coming to a close, kids will be less active. Back to school means our kids are sitting at a desk up to 80 percent of their school day. Despite these trends, schools continue to cut back in physical education classes. Only about 6 percent of schools in the United States offer such classes daily.

According to the National Association for Sports and Physical Education, elementary school kids need two-and-one-half hours of physical activity each week. Middle and high school kids need four hours a week.

So it's up to parents to keep their kids active and healthy. Kids may want to come home from school and watch TV or play video games, but kids can learn that being active is much more fun. A game of tag or kick ball with the neighborhood kids gets them going.

Keep it fun and non-competitive.

During the weekends when there is more "family time," try something

different. We are fortunate to live in the Hudson Valley with a gorgeous autumn season. Take advantage of it and have some fun! Here are some great ideas:

Take a Hike – This area is loaded with hikes of all abilities. Pack a healthy lunch and make a day of it.

Ride a Horse – Visit a reputable horse-riding center where there is supervision and instruction. This is a wonderful way to experience the outdoors, learn about the animal, and have some family fun.

Go to the Beach – September is one of the most beautiful months here in the Valley. The beaches are less crowded, the water is still warm, the breeze is refreshing, and it's fun for all ages.

Go Apple picking – This is a favorite past time during the fall months.

Parents are the best motivators when it comes to getting their kids physically Active. And its up to parents to teach their kids that being active is fun. Kids look to parents for examples on how to talk, dress, act, and lead an active life. Take every opportunity possible to share these fun active times.

Jan Labriola is the General Manager of All Sport Fishkill. She holds certifications in personal training and group exercise.



Tony Conciatori and his children, Christine and Vincent, swim in the indoor pool at All Sport Fishkill.

Screenings vital in detecting prostate cancer early

Prostate cancer is second only to lung cancer as a leading cause of cancer deaths in men in the U.S.

The disease can be difficult to detect because it may not produce any perceptible symptoms in its early stages.



By Conrado Tojino Jr., DO

Urinary symptoms may occur, but are more likely to be caused by an enlarged prostate or infection. Other warning signs may include blood in urine or

semen.

One in every six men will get prostate cancer. While the disease is rarely found in men under 50, it tends to be more aggressive in younger men. Research shows that age, heredity, ethnicity, hormones, diet and the environment are factors in developing prostate cancer. The chances are greater for those who:

- are 50 or older
- are black or Hispanic

DOCTOR IN THE HOUSE

- have a family history of prostate cancer
- eat a high fat diet or are obese
- smoke

Men with no family history of prostate cancer should begin getting screenings at age 50. Those with a family history should begin screening at 40, as hereditary forms of prostate cancer usually are diagnosed at an earlier age than non-hereditary prostate cancer.

While there is no way to prevent prostate cancer, a low-fat diet may help slow its development. Foods high in saturated fats – like red meat and dairy products – are linked to an increased risk, possibly because they are metabolized into testosterone.

Men with a body mass index of over 30 should lose weight through healthy eating and exercise. Prostate cancer may not be discovered in its early stages in

men who are obese. Since prostate glands are larger in obese men, it can be much more difficult for doctors to detect.

Another factor linked to prostate cancer — smoking — is a health risk for everyone, and I encourage patients who smoke to quit to achieve overall good health. Smoking can cause the progression of prostate cancer by

altering and promoting cancerous gene and cell growth.

Good News

Screening for prostate cancer can be performed quickly and easily in your physician's office through the PSA (prostate-specific antigen) blood test and a physical exam. PSA is a protein produced by the prostate and typically released into the bloodstream in very small amounts. When prostate cancer is present, the PSA level becomes elevated.

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Free prostate cancer screenings scheduled

In recognition of National Prostate Cancer Awareness month, St. Luke's Cornwall Hospital and physicians from Mid-Hudson Urological Associates, P.C., in Newburgh will offer free prostate cancer screenings on Thursday, September 18 at the Cornwall Medical Pavilion (21 Laurel Avenue) from 5:30 p.m. to 8 p.m.

A urologist from Mid-Hudson Urological Associates will examine patients and blood will be drawn to screen for PSA.

Registration is required;

please call (845) 568-2232 to make an appointment.



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Breast Cancer Options forms support groups

Continued from page 3
experience of having and surviving breast cancer was nice, Reichner said, especially since no one was there to judge her or the choices she was making in regards to the options available for treating breast cancer.

Dr. Angela Keleher is a board certified breast surgeon at Vassar Brothers Medical Center in Poughkeepsie.

Dr. Keleher said she “feels connected” to women with breast cancer as a result of the breast cancer history in her own family.

Dr. Keleher described the process as “an emotional journey the patient goes on.”

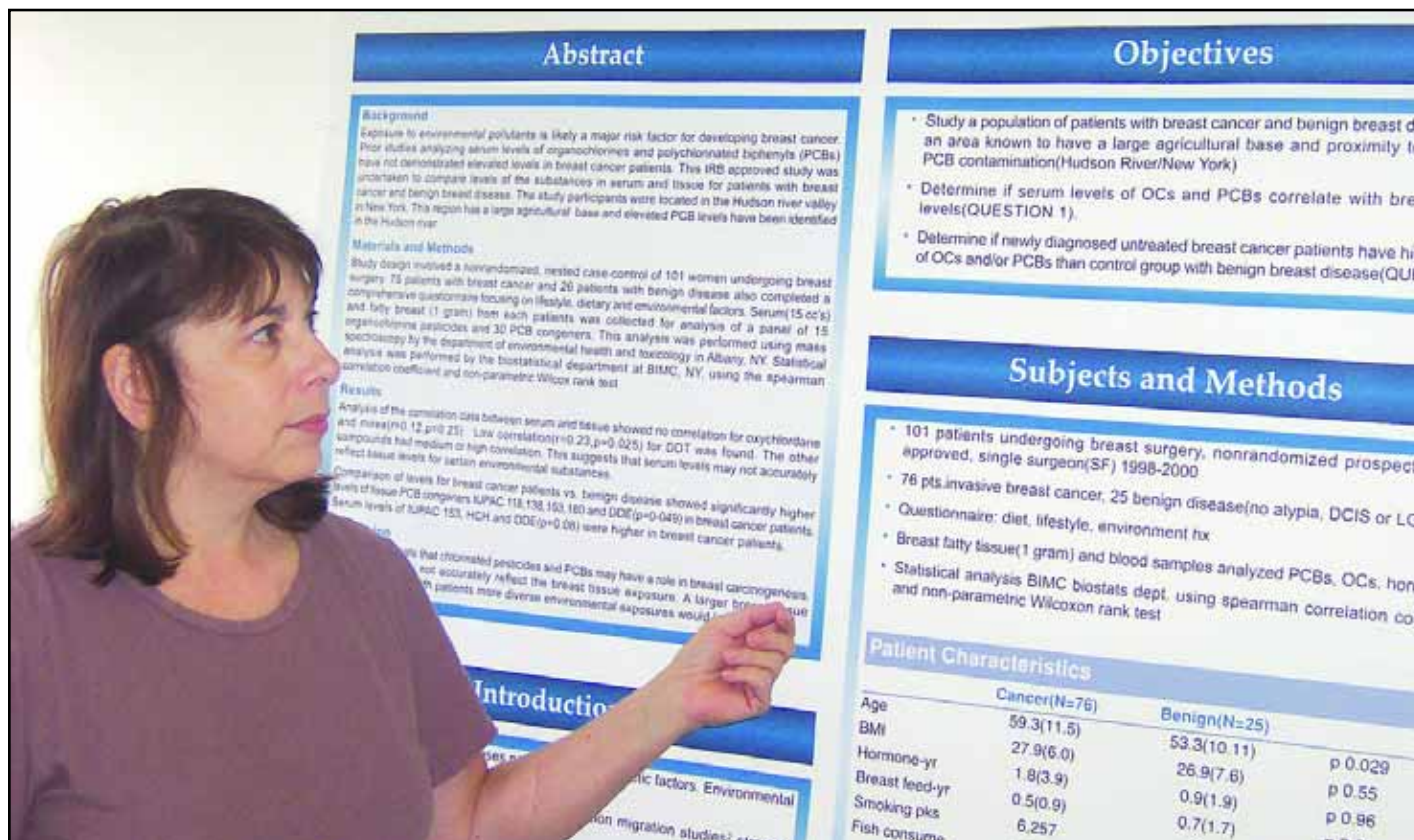
Some of the questions Dr. Keleher’s diverse group of patients have include: “How aggressive of a disease is it?” “Am I going to die?” “Will I lose my breast?” “Do I need chemotherapy?” and “Can I have plastic surgery?”

Dr. Keleher said breast cancer affects how the women feel about themselves, their self-confidence.

“They are worried about what perception society has of them,” she stated, adding that the women are not “the victims but the victors.”

Katz was speaking at one of the Breast Cancer Options meetings, held recently at the East Fishkill Community Library. She is currently undergoing treatment for a recurrence of breast cancer. She recently underwent a double mastectomy. She said if she knew three years ago what she knows now, she would have had the double mastectomy at that time.

“The second time I threw up my arms and said ‘I’m done with it,’”



Breast Cancer Options Executive Director Hope Nemiroff stands in front of research she helped to compile with one of her physicians. Nemiroff was diagnosed with breast cancer in 1995.

Katz said. The cancer was discovered the second time by a MRI she had after a case of bronchitis and fluid backed up into the breast.

“The thought of it, the process of it stinks,” Katz said of the double mastectomy. “It was not nearly as bad as I thought it would be.” She said she was not downplaying it, but the anticipation was worse than the reality.

Katz travels to White Plains for her chemotherapy treatments.

When an individual is diagnosed with breast cancer, Dr. Keleher explained, it is sometimes difficult to accept because they may have been doing everything correctly.

“Everyone can do the right things...” she said.

On the positive side, the doctor commented, breast cancer is being caught “earlier and earlier.” More women are more aware of the disease and the screening modalities are better than in the past. In women who are considered high-risk, a MRI (Magnetic resonance imaging) is being used.

The MRI is used in cancer patients considered high risk as the result of testing positive for the breast cancer gene mutation or a greater than 20 percent lifetime risk assessment on the risk assessment model, Dr. Keleher explained.

According to information at the web site Breastcancer.org “the most inherited cases of breast cancer have been associated with two genes: BRCA1 (Breast Cancer gene one) and BRCA2 (Breast Cancer gene two).” The function of those genes, it explains, is to keep breast cells growing normally and the prevention of cancer cells. “But when these genes contain abnormalities, or mutations, they are associated with an increased breast cancer risk,” it says.

According to Breast-Cancer-Research.com, there are two main questions when a woman is assessed for intervention to reduce her risk of developing or dying from breast cancer. Those questions are:

“What is the chance that the woman could be carrying BRCA1 or BRCA2?” And, “What risk does she have of developing breast cancer with or without such a mutation?”

“Women are empowered in their care. They can make their own decisions once they hear their options,” Dr. Keleher said.

“I’m actually doing very well,” said 10-year cancer survivor Mary Ann Bopp. She joined Breast Cancer Options about one year ago. She is now the facilitator for the new program that began in Beacon.

“The biggest thing is giving, since it’s been some time since I’ve been through it,” she said. She discussed the point that 10 years ago she did not know anyone who had breast cancer, and this is why she decided to reach out. She is involved in many advocacy programs.

“I remember that moment like it was yesterday,” Bopp said about the day she was told she had breast cancer.

Bopp said she was traveling a lot for work when she was diagnosed. She received a call from her doctor while in a San Antonio, Texas hotel room. She was 42 at the time.

Bopp is now helping a close relative while she goes through breast cancer treatment.

“She’s actually doing very well,” Bopp said of her relative.



Breast cancer survivor Donna Reichner exercises recently at AllSport in Fishkill.



Tammy Bender, assistant manager of La Boutique at Vassar Brothers Medical Center, discusses fashion options for breast cancer survivors.

Facilitating the first meeting at Wingate in Beacon, Bopp stated, was a wonderful experience.

"It was a lot of fun. The women really opened up," Bopp commented.

Another woman attending the Breast Cancer Options support group, who did not want her name to be used, so for this story she will be called "Natalie," was diagnosed in 2006. She underwent a lumpectomy. Her husband of 45 years died of cancer in 2004.

She explained she tries and tells herself "Well, it's not as bad as it could have been." Natalie underwent 36 treatments of radiation in 2007.

Natalie discussed the importance of having social contact in expressing her "fears, apprehension as to what might happen..."

"You have to maintain a sense of well being," Natalie said. "You are the master of your body."

Talking to others about resolving problems and getting out of the house to "change thoughts" helped, Natalie stated.

"When you have the foundation of a support group, they are there to

help you," she said.

Nemiroff said the support group meetings conducted by Breast Cancer Options help women diagnosed with breast cancer adjust to their "new normal" way of living.

"I felt it was important to have people to lead the group that have had breast cancer," Nemiroff stated. The East Fishkill group facilitator is Janet Sharp. She was diagnosed with breast cancer in 2003.

The women in the group "get it on a different level because they've experienced it," she said. Sharp told the women that it's "normal" to be afraid.

"It's very important to see someone who's been through it when someone is first diagnosed," she said. The women go through a variety of emotions and are required to make numerous important decisions in a short amount of time. The women stressed the importance of finding the right physician and having someone go to appointments with them, and being a health advocate for them.

Nemiroff said her husband kept telling her she would be fine, but she did not always feel fine. That is why she started the companion advocacy group.

Other services Breast Cancer Options offers include: legal referrals, financial assistance, information on lifestyle and nutrition and peer-to-peer mentoring.

"We're really committed to doing the education... We really have to be a complete picture," Nemiroff stated.

Breast Cancer Options group meetings are held in Dutchess County: at Wingate in Beacon, 10 Hastings Drive, on the third Wednesday of every month from 6:30 p.m. to 8 p.m.; East Fishkill Community Library, 348 Route 376

Survivor writes book on reflections

**By Kristine Coulter
Staff Writer**

Karen Maneri recalls the date without hesitation.

"May 20, 2003," she stated after being asked when she was diagnosed with breast cancer.

"I was terrified. I thought of death, the first thing when they told me," Maneri said.

She was 33. Maneri found the lump on her right breast on a Friday night.

"It felt like it was never going to end," she said of the weekend spent waiting to go to her doctor's office. "I wanted to go to the doctor. It seemed like forever."

Maneri tested positive for the BRCA1 gene. According to the National Cancer Institute Website, the BRCA1 gene is described as "Women with an inherited alteration in one of these genes have an increased risk of developing these cancers at a young age (before menopause)..."

"When I tested positive for the BRCA1 gene, I went and had a hysterectomy and bilateral mastectomy," she said. She then underwent reconstruction surgery.

"In the past five years I've had seven surgeries," she said.

She went for chemotherapy "every Tuesday, every other week," Maneri said. That was for approximately four months and then she started radiation.

"Just sitting in the chemo room with all the other people, wondering who was going to die... feeling guilty because I had stage 1 cancer," she said.

She said there were so many times that she just cried.

"I told myself I couldn't dwell on me. I got thrown a curve ball... I had to be positive. I had a family," she said.

Maneri started seeing a therapist because she was "down on myself."

She said she did not feel like a person, did not feel like a woman, wife, mother, sister, daughter, friend. She was told to write a journal. Out of the journal came a book Maneri authored called "Reflection of a Survivor."

She thinks the book, which she self-published, will help other young women fighting breast cancer.

They need to know, she said, "there is a light at the end of the tunnel."

One young woman who has been affected by Maneri's book is Poughkeepsie resident Rebecca Brilliant.

"The first time I was 36. The second time I was 40," Brilliant said of being diagnosed with breast cancer.

"The first time the ob/gyn found it on a yearly exam. The second time it was found on my yearly mammogram," Brilliant explained.

Brilliant underwent a double mastectomy.

"Emotionally it was very difficult," she stated.

She said of Maneri's book, "It's good to make people aware of [breast cancer]." She later added "especially younger women should look into being careful and having things checked."

People locally, Brilliant said, were there for her and she wants to be there for others now.

"Please get checked. It doesn't have to be in your family. If the outcome is not what you think, there are people locally who can help you emotionally or financially," Brilliant said.

For Maneri, her whole world is different now, she said. She is more willing to help people, she stated.

For more information on Maneri's book, go to www.xlibris.com, or www.reflectionofasurvivor.com.



Breast cancer surgeons Dr. Angela Keleher and Dr. Hank Schmidt are part of the team at the Dyson Center for Cancer Care at Vassar Brothers Medical Center.

in Hopewell Junction on the first Wednesday of the month from 1 p.m. to 2:30 p.m. and at Northern Dutchess Hospital, Women's View downstairs on the third Tuesday of every month from 11 a.m. to 12:30 p.m. For more information call (845) 339-HOPE (4673). One can contribute to Breast Cancer Options by sending a donation to Breast

Cancer Options 101 Hurley Avenue, Suite 10, Kingston, NY 12401.

Breast Cancer Options also offers Camp Lighthouse to help children whose mothers have been diagnosed with cancer. The second such camp was held in August at the Omega Institute in Rhinebeck.

Options allow you to tailor hearing aids to your lifestyle

HEARING HELP

By Dr. Lori Biasotti

The decision to purchase a hearing aid can be overwhelming enough. You also need to choose style, circuit level and features. Your audiologist will help guide you through this process and make appropriate recommendations for your hearing, lifestyle and budget.



Dr. Lori Biasotti

Style

What will your new hearing aids look like? I usually start with this choice. Hearing aids can go over the ear or all in the ear. Over the ear or behind-the-ear (BTE) styles

still require a piece that goes in your ear. Many people are surprised by this fact. This piece or ear-mold may be custom made of several different soft and hard materials. Or in the ear piece may also be a tip that comes in a variety of "off the shelf" sizes. Sometimes you can even walk into the audiologist's office, have your evaluation and walk out with hearing aids! The popular open ear BTE does not require a custom ear-mold, although this can be made if desired. More powerful BTE hearing aids will need a custom ear-mold. In-the-ear styles require an impression of the ear and range from completely in the

ear (CIC) to full shell in the ear.

Circuit level

This choice determines how much your hearing aids will cost. Think of it as a "good, better, best" spectrum of options. Even the most basic hearing aid in this day and age should be digital, it should be computer programmable and it should have some degree of automatic noise reduction. That being said, the technology that will bring a hearing aid from good to best will include advanced feedback management systems, automatic directional microphones and automatic situation switching, advanced noise management and speech enhancement. Also higher levels will have the capability to "connect" wirelessly to other devices such as your Bluetooth telephone or t.v. or iPod. Your hearing loss, lifestyle and your budget will all factor in to determine the best circuit choice for you. Most people will purchase the "better" level and get a nice combination of technology and value.


Features

Features are what make the hearing aids customized for you. Features include volume control, directional microphone, memory button, telecoil and remote. Some features cost additional money such as a remote control or directional microphone (on an in the

ear hearing aid) and some do not, such as a volume control or memory button. The directional microphone is a helpful in that it will focus the microphone in a forward direction, thus reducing chatter and noise behind when activated. The directional microphone can be automatic or on a push button. Telephone features can also be on a push button or automatic. More than one memory can be set for different listening situations. BTE hearing aids are a good value because all of the features available are usually built into the hearing aid, such as directional microphones, memory buttons, volume controls, telecoil (for phone) and the audiologist will choose what features to activate during the programming. On a custom in the ear hearing aid options such as the directional microphone and telephone (telecoil) option need to be added on. More options will also make the hearing aid larger.

You will not be alone in choosing your hearing aid style, circuit level and features. Your audiologist will help you to make the best decision for you.


Lori Biasotti, AuD. is a NY State Licensed Audiologist. She has a private practice audiology/hearing aid dispensing office called Family Hearing Center at 18 Westage Business Center Drive in Fishkill, NY. Call with any questions or to schedule an appointment (845) 897-3059. Visit us on the web at www.familyhearing.org.



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Implants can replace one tooth or several teeth in arch

By Dr. Edward Prus, DDS

This column is all about becoming a better dental consumer through knowledge. In most cases, knowledge is power: power to make wise choices and guide oneself in the direction you



Dr. Edward Prus, DDS

want to go with your dental health.

This month I will go into greater detail on how implants are used so as to help you better understand this unique area of dentistry. Implants are used to replace a single missing tooth, several missing teeth in an arch or the complete arch (upper or lower).

Missing One Tooth

Implants are preferable over

DENTAL CONSUMER

standard crown and bridge dentistry under the following conditions:

BONE: The single "edentulous" area has sufficient bone (volume and density) to support an implant. If there is a large, broad amount of bone the implant (as long and broad as possible) can be placed precisely as it should to mimic a natural tooth when crowned.

HEALTHY TEETH: The immediately adjacent teeth are totally healthy: no decay; no fillings, no periodontal disease, no fractures, and they are esthetically pleasing.

ESTHETICS and CLEANSABILITY: The missing tooth area can be esthetically

restored with an implant to mimic a natural tooth. This becomes an issue if the smile line is high and shows the point where the implant comes out of the gums. The implant has to be 'submerged' far enough under the gum line to prevent the metal of the implant from showing as well as allow the attached crown to develop full tooth-like shape before it emerges from under the gums. It can then be cared for just like a natural tooth.

ADDED STRENGTH: When adding an additional man-made root will noticeably contribute to the strength of that area of the mouth (e.g.: the other teeth have bone loss). Remember, when a bridge is placed over a missing tooth, the two adjacent teeth to the space are then absorbing the chewing forces of three tooth surfaces. If those teeth are not strong, this may overload them, accelerating additional bone loss.

Missing Several Teeth in an Arch

Many times several adjacent teeth are lost in an arch, with one or no teeth behind the space. To try to replace the missing teeth with a fixed bridge (crowns on the adjacent supporting abutments; pontics to replace the missing teeth; all these joined together) will put significant added chewing forces on the supporting teeth. A single molar abutment in the back may be very vulnerable to bone loss, putting the fixed bridge at risk and compounding costs. Removable bridges often have movement during chewing which also damages the bone of supporting teeth.

Because multiple implants in an area can be a more expensive alternative to regular crown and bridge work, a good solution may be to have one or more implants support a removable denture (partial = some teeth remain; full = no teeth remain in the arch). This eliminates the cost of making crowns on multiple implants and stabilizes and supports the

Continued on page 10

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VICTORY OVER PAIN

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Implants can replace

Continued from page 9

chewing function of the removable prosthesis and takes pressure off the remaining teeth. It can be a good, economical

Fully Edentulous Arch

A full denture has been the treatment of choice for restoring a full arch of missing teeth for years.

A. Implant supported removable denture: A good alternative is to place a sufficient number

(normally 3-6) of implants in the arch and use snap on attachments to affix the denture to them. There are several ways to do this but they all to the same essential thing. My mother had a flosy lower denture which was totally stabilized by placing three implants, connected by a bar, and snapping the denture onto it. That was 15 years ago and it is going strong.

B. Implant supported fixed bridge. Full arch bridgework can also be fixed (only the dentist can remove them). Denture teeth are still used (saves money over implants supported crowns) and tissue colored acrylic can be used to create lip support if needed. This is a frequently used approach in implant supported full denture treatment. Implant supported dentures gain stability from the implants allowing for slimmer, more comfortable and enjoyable prostheses.

of my mouth). It is beautiful and can mimic the natural condition completely. While each case has its pros and cons, this approach tends to be the most esthetic. It also tends to be more expensive than the other approaches.

In the end implants can be a great tool in improving one's quality of life: functionally, socially and emotionally.

Dr. Edward Prus has had a Manhattan practice in cosmetic and rehabilitative dentistry for over 25 years and is now working in Hopewell Junction. His treatment strongly focuses on preventive therapies to maximize dental health. This Dental Health column explores a wide range of topics of consumer interest to help you make positive dental choices. Email him at info@drprusdds.com.

Implants and Crown and Bridge Dentistry

Implants can almost always be used to support crown and bridge dentistry (I have one in the front

Screenings vital

Continued from page 5

If you have been diagnosed with prostate cancer, there are many treatment options available. A urologist trained in the latest techniques can help you decide which course of action is most appropriate for your particular situation. Prostate cancer is extremely treatable if caught early.

One option, da Vinci® robot-assisted surgery, is an alternative to the conventional open or laparoscopic surgery. Most patients undergoing this procedure can expect enhanced outcomes, including reduced likelihood of post-operative incontinence or sexual difficulty.

Robot-assisted, minimally invasive surgery is becoming the preferred treatment option following early diagnosis of prostate cancer. Using this revolutionary technology, a surgeon can perform complex procedures with unparalleled precision, using a console that enhance 3-D imagery and tiny instruments that allow 360-degree maneuverability. As compared with open prostatectomy, the benefits of robot-assisted surgery include smaller incisions (resulting in decreased blood loss and scarring), shorter recovery time and earlier return to normal activities.

Conrado N. Tojino Jr., D.O., F.A.C.O.S., is a physician with Mid-Hudson Urological Associates, P.C., in Newburgh. These surgeons were the first in the region to perform da Vinci prostatectomy.

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by Ken Balasiano, R.Ph.


FINASTERIDE STUDY REVISITED

A review of data bolsters the finding that finasteride, a drug used to treat prostate enlargement, may be effective in preventing prostate cancer. Formerly sold as the prescription medication Proscar for treating benign prostatic hyperplasia (BPH), the drug is now available as a generic. When the first results of a key prostate cancer study were analyzed, they showed that a 5mg daily dose of finasteride reduced a man's risk of developing prostate cancer by about 25%. It also showed, however, that the men in the study who did develop prostate cancer developed quick-spreading, high-grade cancers. Now, according to the most recent analysis of the data, finasteride reduced the risk of developing cancer by 30% and did not induce aggressive cancers.

If you would like further information on today's topic, speak with our pharmacist. We keep up to date with the latest developments in our industry. In addition, our complete patient profile assists us in checking for possible drug interactions and side effects here at 8 Church St., Fishkill, 845-897-0636. *We'll Always Make Time for You.* We're open M-F 9-6, Sat. 9-3. Come in and see why we are your neighborhood choice for a wide array of cosmetics, scented potions, body lotions, and ladies' notions. Browse our large selection of greeting cards.

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P.S. Finasteride is also sold in a one-miligram dose pill called Propecia for the treatment of male-pattern baldness.



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Learning to manage stress cuts down on adverse reactions

By Dr. Jeff Saffir

In a past column, I discussed stress as being one of the causes of health problems and how that can affect the adrenal glands. The hormones produced from these



Dr. Jeff Saffir

glands can cause a variety of serious health concerns. This month, let's take a closer look at stress and some ways to cope better with it.

Stress is a mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, disability, depression and disease.

Fun stuff, huh? From this, it's clear how unrelenting stress can directly or indirectly cause severe health problems. Even if stress has not yet resulted in full-blown illness, for many people, it has contributed significantly to unhappiness in their lives.

So understanding stress is the first step in improving your ability to cope during times of adversity and challenge in your life.

It is also important to keep in

SPINE OF THE TIMES

mind that short episodes of stress and anxiety are completely normal and can be critically important to our health and survival. These are our body's innate protective mechanisms that prevent us from repeating the same mistakes or encountering the same dangers more than once. This is nature's way to remind us to pay attention to what's going on around us.

In today's modern world we usually don't come into life-threatening situations on a daily basis, but none-the-less most of us encounter some level of stress every day. It is important that we learn to manage this stress so that it doesn't affect our lives in an adverse way.

Here are some suggestions.

Exercise. Walking, jogging, swimming, biking or any physical activity is an excellent way to reduce stress. Exercise strengthens your heart and lungs. These two vital organs bear the brunt of the body's physiological stress response, constantly being called upon to "fight or flee" from job, school, family, financial, relationship, and every other kind of stressor we confront daily.

Meditate: Many people believe

this is a strange or foreign practice, but in actuality meditation is simply focusing on your breathing to help your mind relax. People who meditate regularly simply concentrate on each breath as they inhale and exhale. This can do wonders for an anxious mind.

Time Management: Make good use of your time. Learning how to properly manage your time can greatly reduce the stress you experience in your daily living. As you plan your day, try to leave room for interruptions and distractions, because doing so allows chance to act positively in your life.

Expression: All of us feel sad from time to time, and it's healthy to express those feelings. Following any major loss or trauma in your life, it's important to grieve. And, in fact, crying can be a highly effective stress-reliever.


Laugh: There is probably no more effective stress relief than

laughter. Funny movies, television shows, stand-up comedy and humorous books can produce deep, hearty laughter that can help relieve stress and, as a result, improve the function of your immune and endocrine systems.

Take breaks from your high-stress job. Walk around outside, take lunch, or sit in the bathroom for a few minutes if that's the only way to get away. Just a few breathers during a hectic day can go a long way toward stress relief.

By learning how to cope with stress, we can limit the damage done by it. Obviously, getting rid of stress would be a good idea, but it is not realistic to focus just on this. We all have situations in life that cause stress. No one is immune. Build up your resistance to it and you will wind up way ahead.

Dr. Jeff Saffir has more than 12 years of experience in chiropractic and wellness care. He owns and operates Advanced Chiropractic in Poughkeepsie. For questions, call him at 485-5656 or send an email to jswellnessdoc@excite.com. The web site www.advancedwellnessnow.com provides health information and a helpful newsletter.



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