



Paris  
Community  
Hospital  
Family  
Medical  
Center



# Screenings save lives

staying  
*healthy*

January 2018

## January is Cervical Health Awareness Month

According to the Centers for Disease Control and Prevention (CDC), an estimated 12,000 women are diagnosed with cervical cancer each year. Of those, about a third of them will die from the cancer. However, with regular screening, tests, and follow-up visits, cervical cancer is the easiest gynecological cancer to prevent.

Nearly all cervical cancers are caused by the human papilloma virus (HPV), which can be passed from one person to another during sex. HPV is so common that most people get it at some time in their lives. HPV usually does not cause symptoms.

Some HPV types can cause changes on a woman's cervix that can lead to cervical cancer. Other types can cause genital or skin warts. For most women, HPV will go away on its own. However, if it does not, there is a chance it may cause cervical cancer.

The CDC lists the risk factors for cervical cancer. These include: smoking, having HIV, using birth control pills for a long time (five or more years), having several sexual partners, and having given birth to three or more children.

Two types of screening tests help identify cervical cancer:

- The Pap test (Pap smear) looks for pre-cancers, which are cell changes on the cervix.
- The HPV test looks for the virus that can cause these cell changes.

To reduce the risk of cervical cancer, the CDC recommends a Pap test and HPV test starting at age 21. The Pap test is recommended for all women between the ages of 21 and 65.

Symptoms of cervical cancer include abnormal vaginal bleeding, unusual discharge, periods that last longer or have a heavier flow than normal, and bleeding after menopause. However, symptoms may not show up until the cancer has become advanced or spreads to other parts of the body.

According to the National Institutes of Health, cervical cancer develops slowly, starting as a precancerous condition known as dysplasia. These abnormal cells are easily detected through a Pap test and can be treated effectively. Cervical cancer can usually be cured if it is found and treated in its early stages.

Cervical cancer was once one of the most common causes of cancer death for American women. According to the American Cancer Society, over the last 30 years, the cervical cancer death rate has decreased by more than 50 percent due to the increased use of screening tests.

Today, screenings make cervical cancer a condition that is relatively easy to prevent and treat. However, for women who are not vaccinated or screened regularly, cervical cancer can still be a serious, even fatal, disease.

PCH/FMC offers cervical cancer screenings. Talk to your primary care provider to schedule an appointment.



Crystal White,  
FNP-C

Crystal White is a board certified family nurse practitioner and manager of the

PCH/FMC Medical Weight Loss Clinic.

A registered nurse since 1992, Crystal's experience includes obstetrics/gynecology, women's health, family medicine, and surgery. She has been affiliated with PCH/FMC since 2003.

Crystal received her associate's degree in nursing from Jefferson College of Health Sciences in Roanoke, Virginia. She received her bachelor's degree and master's degree in nursing from Indiana Wesleyan University.

She is a member of the American Academy of Nurse Practitioners, the American College of Nurse Practitioners, and the Sigma Theta Tau International Honor Society of Nursing. Her interests include medical mission work. Crystal is accepting new patients. Call 217-463-1946.



## Healthy living can reduce cancer risk

You have probably heard conflicting reports about cancer prevention. In many cases, what is known about cancer prevention is still evolving. However, it is well known that your chances of developing cancer are affected by lifestyle choices. The American Cancer Society offers the following tips to reduce your risk of developing cancer:

### Don't use tobacco

Smoking has been linked to lung, mouth, throat, bladder, cervix, and kidney cancer. Chewing tobacco has been linked to cancer of the oral cavity and pancreas. Even if you do not use tobacco, exposure to second-hand smoke can increase the risk of developing lung cancer.

### Eat a healthy diet

Although eating healthy cannot necessarily prevent cancer, it may help reduce your risk of developing cancer. It is important to choose foods and drinks that help maintain a healthy weight. Read food labels to become more

aware of portion sizes and calories. Choose vegetables, whole fruits, beans, and other low-calorie foods instead of calorie-dense foods, such as french fries. Limit your intake of sugar-sweetened beverages, such as soft drinks, sports drinks, and fruit-flavored drinks. It is also important to limit how much processed and red meat you eat. Minimize your intake of bacon, sausage, lunch meats, and hot dogs. Instead, choose fish, poultry, or beans.

### Maintain a healthy weight and be physically active

Maintaining a healthy weight might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon, and kidney. The American Cancer Society notes that being overweight or obese accounts for 20 percent of all cancer deaths among women and 14 percent among men. Physical activity helps, too. In addition to helping control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer. Adults who participate in any amount of physical activity gain some health benefits. The latest recommendations for adults call for at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week.

### Protect yourself from the sun

Skin cancer is one of the most

common types of cancer, yet one of the most preventable. To reduce the risk of getting skin cancer, make sure to cover exposed areas and use sunscreen. When you are outdoors, wear sunglasses and a broad-brimmed hat. Apply generous amounts of sunscreen and make sure to reapply often. It is also important to avoid tanning beds and sunlamps.

### Get immunized

Cancer prevention includes protection from certain viral infections. These viral infections include hepatitis B and the Human papillomavirus (HPV). Hepatitis B can increase the risk of developing liver cancer. HPV can increase the risk of developing cervical and other genital cancers, as well as squamous cell cancers of the head and neck. Getting immunized will help decrease the chances of getting these cancer causing infections.

### Get regular medical care

Annual screenings can reduce your risk of developing various types of cancers, such as cancer of the skin, colon, cervix, and breast. Regular self-exams can also increase your chances of discovering cancer early, when treatment is most likely to be successful.



# Paris Community Hospital Family Medical Center

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# staying healthy

## PCH/FMC's Community Healthcare Programs January & February

### Free Adult CPR/AED Class

January 9; February 6

This free, non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED). The class takes place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at [SNagrodski@pchfmc.com](mailto:SNagrodski@pchfmc.com) or call 217-466-4320. When calling, leave your name and you will be registered.

### Monthly Health Screenings

January 10; February 8

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be held from 7 to 9 am. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-466-4228.

### National CRNA Week

January 21-27

PCH/FMC recognizes the valuable contribution of its four Certified Registered Nurse Anesthetist's (CRNA) during National CRNA week. CRNAs providing care at PCH/FMC include: David Grazaitis, CRNA, APN; Maribeth McCormack, CRNA, APN; Adam Schneider, CRNA, APN; and Lee Webber, CRNA, APN.

### Wear Red Luncheon

February 2

PCH/FMC's fifth annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. The speaker will be Dr. Tony Nasser, cardiologist with Providence Medical Group in Terre Haute, who sees patients regularly in Paris. Cost is \$20 per person. Tickets are limited and will be available beginning January 8. They can be purchased at the Paris Community Hospital registration desk. Call 217-466-4228.