

UPDATE

# h2u health2you



Northwest Medical Center  
Plantation General Hospital  
University Hospital and Medical Center  
Westside Regional Medical Center

Plantation General Hospital  
Westside Regional Medical Center

## Early Detection Saves Lives

### Why some women avoid regular mammograms

**T**he American Cancer Society (ACS) estimates that 713,220 women in the U.S. will be diagnosed with cancer in 2009. Breast cancer will make up roughly 27 percent of these cancers, with about 192,000 new cases of breast cancer and more than 40,000 deaths expected from the disease. The chance of a woman having breast cancer in her lifetime is 1 in 8 and the chance of dying about 1 in 35.

While the statistics are alarming, there is good news. The ACS reports a 2.2 percent decline in breast cancer rates each year between 1999 and 2005. This decline has been attributed to early detection, in particular through mammograms.

Mammograms are the best method to detect breast cancer early when it is easier to treat successfully. The screening can be a matter of life or death, but also the difference between a short, uncomplicated treatment process and a long, uncomfortable one.



Unfortunately, women are increasingly ignoring the most effective screening method to detect breast cancer and save their own lives. The Centers for Disease Control and Prevention (CDC) recently reported that mammogram rates have gone down in nearly two-thirds of the U.S. during the past decade. According to the National Institutes of Health, the percentage of women age 40 and older having yearly mammograms grew steadily between 1987 and 2000. Those rates flattened for three years and then declined. Common excuses women give to avoid mammograms include:

**Busy schedules.** Finding time to schedule a mammogram can be tough, especially when you juggle work, home and family responsibilities. You might ask, "Why add one more thing like a preventive screening that may not be necessary to an already demanding list of things to do?" The answer: The test might save your life.

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ISSUE FOCUS: **Breast Cancer**

### Breast Cancer Risk Factors

- **Gender.** Women are 100 times more likely than men to develop breast cancer.
- **Ageing.** About one out of eight invasive breast cancers are found in women younger than 45. Two out of three are found in women age 55 or older.
- **Genetics.** About 5-10 percent of breast cancer cases are thought to be the result of specific gene mutations that a person is born with.
- **Family history.** A woman's risk doubles if she has a first-degree relative (mother, daughter, sister) with breast cancer. Having two first-degree relatives increases the risk five-fold.

## Early Detection Saves Lives

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**Effectiveness.** Some women question the mammogram's effectiveness. Either they know somebody whose cancer was not detected by the screening or have heard arguments against the need for regular mammograms. Mammograms are not infallible, but they do offer an 80 percent chance of finding an existing tumor — not bad odds.

**Exposure.** Periodic news reports and Internet chatter question the need for regular mammograms and the risks of radiation exposure. But research consistently supports mammograms as a safe and effective way to catch breast cancer early. Today's mammography machines expose breasts to much lower levels of radiation than the machines that were used even as recently as the mid-1980s, according to the ACS.

**Discomfort.** A bad experience or fear of pain can lead some women to avoid the

procedure. While there is discomfort during a mammogram, extreme pain is unlikely. Technicians are trained to keep discomfort to a minimum. If you worry about the discomfort of a mammogram, talk with the technician or your doctor.

Mammograms are less comfortable at certain times during the menstrual cycle (when breasts are tender or swollen).

**Expense.** Of course, the current economy is why some women skip regular mammograms. As jobs are lost, so is insurance that pays for the exams. Even for those who do have insurance, the co-pay can be prohibitive. If cost is an issue, contact the local Susan G. Komen for the Cure office or public health center to find out where screenings are free or offered on a sliding scale based on income.

The most important counterpoint to

these reasons for avoiding regular mammograms is simple: A yearly mammogram may find breast cancer in its early stages. More successful treatment options are available when detected early.

Many treatments help slow the growth of breast cancer or promote remission. Hormonal therapy, for example, works by preventing cancer cells from getting the hormones needed to grow. Chemotherapy uses chemicals to kill or control the spread of cancer cells. Radiation therapy uses high-energy rays to kill cancer cells. If surgery is required, a lumpectomy can remove the cancer and surrounding tissue, and a mastectomy removes the entire breast. Lymph nodes may also be removed.

If you have cancer, it's best to find it early. Increase your odds of beating the disease through early detection. Schedule your mammogram today.

Women age 40 and older should have the exam every 1-2 years, according to the CDC. The AMA recommends having yearly mammograms.

## In Search of Breast Cancer

### Screening and diagnostic procedures

**S**elf exams should be performed every month, one week after the menstrual period ends, when the breasts are less lumpy. Look for changes in size, shape and contour of the breast.

**Clinical breast exams** use the same method as the self exam, but are performed by a doctor during the annual checkup.

**Mammogram**, a breast X-ray done every one or two years, can detect cancer in its early stages. The digital mammograms now available use a lower dose of radiation. Plus, the image is stored electronically rather than on film and can be enhanced using special software. Digital mammograms are significantly more effective for women younger than 50 and those with dense breasts. No significant difference in accuracy has been noted between traditional and digital methods for others.

**Magnetic resonance imaging (MRI)** creates a detailed image of the targeted part of the body and may find cancers missed in a mammogram. Doctors may recommend an MRI for women at a higher risk for breast cancer.

**Ultrasound** may be recommended if a mass is detected in other screenings. The test uses sound waves to help determine if a mass is a simple cyst (fluid filled), complex (fluid and tissue filled) or a solid tumor.

**Needle aspiration** uses a syringe to withdraw fluid from a mass in the breast. If the fluid is clear, the mass is less likely to be cancer. Bloody fluid or no fluid indicates a need for further evaluation.

**Biopsy** may be recommended when a mass has been found in any of the above



tests. Biopsies withdraw tissue samples for analysis, often using a thick needle. Doctors may recommend surgical biopsy. Through an incision, a section of the lump or the entire lump may be removed and analyzed.

**Genetic testing** an option for women with a family history of breast cancer, reveals whether a woman has a specific gene that predisposes her to develop breast cancer. Consult your physician for more details.

# A Tough Choice

Some women opt to remove a healthy breast to prevent cancer

**C**hristina Applegate was diagnosed with cancer in her left breast last year. The 37-year-old actress says she doesn't regret her choice to have both breasts removed. The daughter of a breast cancer survivor, she had tested positive for the breast cancer gene and wanted to do all she could to prevent recurrence. She made a choice a growing number of women are making.

The University of Minnesota reports that between 1998 and 2005, there was a 188 percent increase in the number of women who had both breasts removed as a preventive measure after being diagnosed with ductal carcinoma in situ (DCIS). Since DCIS has a 10-year survival rate of 98-99 percent, researchers noted in the *Journal of Clinical Oncology* that the survival rates for this group of women were excellent without removal of the normal contralateral breast. Nevertheless, many women, particularly young women, are choosing to have both breasts removed in hopes of increasing chances of survival.

Women who have primary risk factors for breast cancer, such as a family history,

may believe their chances for recurrence warrant a more radical treatment. Testing for genetic predisposition, such as the BRCA gene, has armed some women with better information about their own risk of recurrence.

While preventive mastectomy may reduce that risk, the National Cancer Institute cautions there is no way for a surgeon to remove all breast tissue, which is spread throughout the upper body. Therefore, there always remains a chance the cancer will return.

Preventive mastectomy of one or both breasts is something that must thoroughly be discussed with a doctor. Factors to consider include previous breast cancer, family history (mother or sister) and a positive test for gene mutations. Surgery may be considered if a woman has tiny deposits of calcium in her breasts or if the breast tissue is extremely dense. Dense tissue is a risk factor for breast cancer and makes it difficult to diagnose. However, a double mastectomy as a preventive measure is the most



JEFFREY MAYER/WIREIMAGE

dramatic option and should be undertaken only with a lot of thought and professional consultation.

Even if preventive mastectomy is the best medical decision for a patient, it's far from the end of the story. Breasts are a large part of a woman's self-image and sexuality. The psychological effects of removing and reconstructing such an essential part of the female body are profound and should never be underestimated. Though she admits the surgery and breast reconstruction have been difficult, Applegate can look on the bright side: She is a survivor.

# I'll Just Sweat

Rumors about the causes of breast cancer

**A**ntiperspirants. Some women worry that chemicals in underarm antiperspirants absorbed through the skin may lead to cancer. Certain preservatives used in antiperspirants have weak estrogen-like properties and have shown up in a small number of tumors, leading to these rumors. To date, no cause-and-effect link has been found between antiperspirants and breast cancer.

**Bras.** Rumors are rampant that these undergarments cause breast cancer by obstructing lymph flow. The American Cancer Society (ACS) says there is no scientific or clinical basis for this claim. Anecdotal evidence may result because women who do not



wear bras tend to be thin, and obesity is known to increase the risk of cancer.

**Breast implants.** The verdict is in. Research shows these cosmetic enhancements do not lead to breast cancer; however, they may cause some complications in detecting cancer early. Silicone and saline implants can cause scar tissue in the breast, and implants may interfere with the ability to see breast tissue on standard mammograms. X-ray equipment with an implant displacement view can help with identification.

**Night work.** Some studies do indicate an increased risk of developing breast cancer among those who work nights. The ACS reports, "Some researchers think the effect may be due to changes in the levels of melatonin, a hormone whose production is affected by the body's exposure to light." Other hormones are also being studied.

# Calendar of Events



## Fitness Programs

For details regarding any of the following classes, call your local H2U affiliate director.

### Plantation General Hospital

Classes are held at the Jim Ward Community Center in Plantation. Call (954) 513-6663 for additional information.

#### Tai Chi

Every Tuesday, 11:00 a.m. - 12:00 p.m.  
 \$30 for an eight-week course

### Westside Regional

Call (954) 476-3994 for additional information on the following classes.

#### New U Fitness Program

Monday and Wednesday, 9:30 a.m.  
 West Regional Library-Multipurpose Room  
 \$2/class - registration not required

#### Zumba Easy

Every Monday  
 10:30 - 11:30 a.m.  
 West Regional Library-Multipurpose Room  
 Call Liz at (954) 476-3994 for specific information.

## Osteoporosis Van Screening

Call (866) 4-HCA-DOCS to schedule your appointment. The times for all screenings are 9:00 a.m. - 12:00 p.m.

**Northwest Medical Center**  
**Tuesday, Oct. 6**

**Westside Regional Medical Center**  
**Thursday, Oct. 15**

**Plantation General Hospital**  
**Wednesday, Oct. 21**

**University Hospital**  
**Wednesday, Oct. 28**

## American Cancer Society's Making Strides Against Breast Cancer

**Saturday, Oct. 10**  
**8:30 a.m.**

**Huzienga Park, Ft. Lauderdale**

For more information call your H2U office.

## AARP Safe Driving Class

**Thursday Oct. 22 and Friday Oct. 23**  
**9:00 a.m. - 1:00 p.m. both days**

**Westside Regional Medical Center Classroom C**

**AARP members \$12**

**Non-members \$14**

Space is limited, pre-registration is required. Call (954) 513-6663 to register.



## Lunch Bunch

**Tuesday, Oct. 27**

**Westside Regional Medical Center**

H2U provides the entree and drinks, members provide the rest. Join us for a great pot luck!

## H2U Mall Walking Program

**Tuesday and Thursday**

**9:00 a.m.**

**Broward Mall in Plantation**

Join the Plantation Pacesetters as they walk in the beautiful Broward Mall. Sign in at the Police Community Outreach Center located inside the Broward Mall. All walkers will receive a new H2U pacesetter teeshirt.

## Senior Companion Program

**Seniors Helping Seniors through Volunteerism**

The Senior Companion program can provide help to seniors 60+ and disable persons at no cost with the following activities:

- Personal care: encourage and assist with feeding, dressing and walking
- Nutrition: assist with meal preparation
- Social/Recreation: provide companionship
- Home management: assist with reading mail, newspapers and writing letters

This program is offered through Senior Volunteer Services. For additional information call Pamela Carre (954) 484-7117.

## Bone Density Exams

Westside Regional Medical Center is pleased to announce that our Radiology Department now offers bone density examinations. If you have a family history of osteoporosis, are menopausal or if you are over 40 and interested in knowing

what your bone density level is, please call Westside Regional Centralized Scheduling Department at (954) 370-4450. A prescription is required.

## Discounted Mammograms

Your HCA East Florida Division hospitals are offering discounted mammograms during the month of October. For more information call (866) 4HCA-DOCS or (866) 442-2362.

## "It's All in the Cards"

Every Tuesday, 1:00 p.m.

Call Liz for location

Enjoy an afternoon of mental exercises with card playing. Games played are Skip-Bo, Hand and Foot and more. Enjoy this social afternoon.

## Richard Terry & Friends Revue

Saturday, Oct. 10

Benvenuto's Restaurant  
Boynton Beach

\$45

Join H2U for this outstanding 90 minute luncheon show. This variety show features young upcoming entertainers and performers including South Florida's new 13 year old singing sensation, Ashley. Enjoy this "must see" show while being served a delicious lunch in an elegant setting.

## Fiddler on the Roof Starring Topol in his Farewell Performance

Saturday, Oct. 17 (matinee)

2:00 p.m.

Broward Center for the Performing Arts  
\$49 tickets only (great seats)

Teveye, humble milkman, devoted husband and father to five marriageable daughters, invites us into his little village of Anatevka. Here, there is a tradition for everything – how to eat, how to wear clothes, how to pray, how to marry ... all of which are happily imparted by our

earthy philosopher as he draws us into *Fiddler on the Roof*.

It is a remarkable journey traveling through secret love, forbidden betrothal, weddings, devotion and forgiveness, tempered by rejection, oppression and imminent revolution. Emerging through it all, we find the humor, strength and perseverance of Teveye and his people, reminding us of life's never-ending circle.

## The Marvelous Wonderettes

Sunday, Oct. 25

Actor's Playhouse on the Miracle Mile  
\$44

This new pop musical comedy and current off Broadway sensation is a real blast from the past musical that takes us back to 1958. Enjoy classic songs and tunes that will bring back memories to last a lifetime. Before the show lunch is on your own a a choice of a few restaurants on the Miracle Mile in Coral Gables. Cost includes ticket and transportation.

## Legally Blonde The Musical

Nov. 20

Broward Center for the Performing Arts  
\$70 tickets only

Sorority star Elle Woods doesn't take "no" for an answer. So when her boyfriend dumps her for someone "serious," Elle puts down the credit card, hits the books and sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style.

*Legally Blonde The Musical* will take you from the sorority house to the halls of justice with Broadway's brightest new heroine (and of course, her chihuahua, Bruiser). The verdict? This much fun shouldn't be legal!

## Ft. Lauderdale Christmas Pageant

Dec. 6

2:00 p.m. (transportation offered)

Dec. 13

2:00 p.m. (no transportation)

The First Baptist Church of Ft. Lauderdale welcomes us once again to their 26th Annual Pageant that is a South Florida holiday tradition. Call the h2u office for prices.

## Phantom of the Opera Returns

Jan. 17, 2010

2:00 p.m.

\$87 (tickets only)

With some of the most lavish sets, costumes and special effects ever to have been created for the stage, this award winning musical has woven its magic spell around the world and is now the longest running show in Broadway history. Phantom returns to the Broward Center to take your breath away. See it for the first time, see it again. Excellent seats!

## Volunteers Needed

Plantation General Hospital and  
Westside Regional Medical Center

If you are not yet volunteering your time, please considering exploring the many opportunities available at both Plantation General Hospital and Westside Regional Medical Center. Be a part of our family and experience the joy in volunteering. Make a difference...call today

Marlene (954) 513-6663

Liz (954) 4746-3994



October is Breast Cancer Awareness Month

BODY SHOP

# Bent-Knee Crunches

Work on your abs with a simple move

In the old classic movies, male stars like Clark Gable and Cary Grant rarely removed their shirts. If they did, the view was nothing like today's ideal.

These days men and women are ab obsessed. We want flat stomachs, rippling muscles and strong definition in our abs. So we enroll in exercise classes, buy DVDs that promise abs of steel and get down on

the floor to do hundreds of crunches.

Despite all that work, most people won't get the idealized abs they envision. It takes a certain body type combined with next to no body fat to achieve the ripped look. Plus, a flat stomach is nearly impossible past a certain age, because our abdominal muscles are not flat.

Still, including crunches in a workout

routine makes sense. The lower abdomen needs some attention, since it doesn't get a lot of use in everyday activities. Working the abs means that you are strengthening some of your core muscles — the foundation of all body movement.

The good news is that a small number of crunches can be effective in strengthening these core muscles. A few minutes will do the job nicely. Plus, no special equipment is needed for the exercise.



focus on pulling your rib cage towards your pelvis (the neck stays relaxed while the chin is tucked towards the neck). Your feet, tailbone and lower back should remain in contact with the mat at all times. Continue curling up until your upper back is lifted off the mat. Hold this position briefly. Move slowly and deliberately throughout to prevent excessive stress on the lower back.

**4 Downward phase:** Gently inhale and slowly lower your torso back towards the mat in a controlled fashion keeping your feet, tailbone and lower back in constant contact with the mat.

For more information on this and other strengthening exercises, visit [www.acefitness.org](http://www.acefitness.org).

Photos courtesy of the American Council on Exercise® (ACE®).

Always consult a qualified healthcare provider before beginning any fitness program. Exercises presented are for suggestion only and should not be substituted for medical diagnosis or treatment. Participate at your own risk.

Source: American Council on Exercise

**1 Starting position:** Lie on your back on a mat with your knees bent, feet flat on the floor and heels 12-18 inches from your tailbone.

**3 Exhale,** contract your abdominal and core muscles, and flex your chin slightly towards your chest while slowly curling your torso towards your thighs. The movement should

**2 Place your hands** behind your head, squeezing your shoulder blades together and pulling your elbows back without arching your lower back. Keep your back pressed into the floor. Maintain this elbow position throughout the exercise.



## AS WE AGE



- Risk of breast cancer increases as we get older.
- Women with a family history of breast cancer should begin getting regular mammograms at age 30.
- Exercising regularly after age 30 may reduce breast cancer risk.
- At age 40, breast tissue begins to decline, and fat in the breast increases.
- Women age 80 and over still benefit from regular mammograms.

## RESOURCES

For more information on breast cancer, visit:

[www.breastcancer.org](http://www.breastcancer.org)  
[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)  
[www.cancer.gov](http://www.cancer.gov)  
[www.komen.org](http://www.komen.org)

For information on H2U programs, visit: [www.h2u.com](http://www.h2u.com) or call (800) 771-0428

# REFER a FRIEND to H2U and WIN!

What could be better than sharing a great experience with a friend? Winning a **\$500 prize**. The **Refer a Friend to H2U and Win!** contest is easy. Tell someone about the many wonderful activities H2U offers, and invite them to join. For each new member you recruit, you'll receive a free packet of seeds and be entered into a drawing for a **\$500 Visa gift card**.



Receive a free packet of seeds for each referral!



Follow these steps to enter the Refer a Friend to H2U and Win! contest:

- 1** Refer new members to H2U.\*
- 2** Ask your friends to complete the contest application. Feel free to make photocopies of this form. Applications can also be found at [www.h2u.com](http://www.h2u.com) or at your local H2U affiliate.
- 3** Include your name and member number (or address) at the bottom of this application, or call (800) 771-0428 and provide the information to an H2U representative.
- 4** Return applications to: **H2U, P.O. Box 1300, Nashville, TN 37202-1300.**

*\*Only applies to new members, not renewals*

H2U is a wellness organization dedicated to understanding the unique health needs of adults. We provide you with valuable health information and resources to improve your well-being. Visit [www.h2u.com](http://www.h2u.com) to learn more about H2U and the Refer a Friend to H2U and Win! contest.

## New Member Application

TODAY'S DATE \_\_\_\_\_

FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_ LAST 4 DIGITS OF SS# \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

- ONE-YEAR MEMBERSHIP \$15 (FR)   
  TWO-YEAR MEMBERSHIP \$30 (FR)  
 CHECK OR MONEY ORDER (PAYABLE TO H2U)   
  AMERICAN EXPRESS   
  MASTER CARD   
  VISA

ACCOUNT NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

PRINT CARDHOLDER NAME \_\_\_\_\_ CARDHOLDER SIGNATURE \_\_\_\_\_

NAME OF REFERRING MEMBER \_\_\_\_\_

H2U MEMBER ID# OR MEMBER ADDRESS/CITY/STATE/ZIP (IF NO MEMBER ID# AVAILABLE) \_\_\_\_\_



## Travel Information

### H2U Offers Special Pre-holiday Cruise

**Dec. 14 - 17**

**\$269 per person, double occupancy**

Give your self an early holiday present and take a three day cruise on the newest and finest ship in the Princess Fleet, The RUBY Princess.

This incredible ship usually only operates seven or nine day cruises, but we have limited group space on this exclusive four-day, three night Caribbean Cruise.

Be pampered by the famous Princess Service, treated to fantastic dining and top entertainment. You will completely relax with days at sea and a fun day on your own "private island," "Princess Cay" packed with fun. The ship departs from convenient Ft. Lauderdale Port.

This is a fantastic value for H2U travelers. Call the h2u office to receive your full itinerary flyer.

### The 2010 Gasparilla Pirate Fest

**Jan. 29 - 31, 2010**

**\$525 per person, double occupancy; \$644 per person, single occupancy**

This annual festival held in Tampa celebrates the Gasparilla Invasion. The three day trip features dining, entertainment, little cruising and so much more. Trip includes round trip motor-coach transportation, two night hotel stay at the Comfort Inn, two breakfasts, three lunches and one dinner. A \$100 deposit required by Oct. 1. The balance is due Dec. 15.

### Community Health Awareness Activities

For more information and to register, call (866) 442-2362.

#### Guys Night Out

##### Bokampers

**Thursday, Oct. 1**

**6:00 - 8:00 p.m.**

Sponsored by Westside Regional and the LiveStrong Foundation.

#### For Women Only

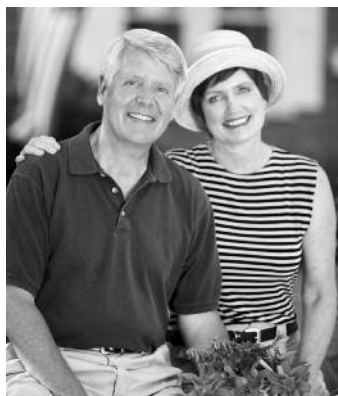
##### Footprints

**240 S. University Dr.,**

**Plantation**

**Thursday, Oct. 15**

**6:00 - 8:00 p.m.**



### A Night of Indulgence

#### IKEA

**Wednesday, Oct. 28**

**5:00 - 7:00 p.m.**

### Community Health Lectures

All lectures are free, however, registration is required. Please call (866) 442-2362 to reserve your space.

#### H2U Special Lecture

**Tuesday, Oct. 13**

**12:00 p.m.**

**Plantation General Hospital Classroom 4**

The topic is: "Influenza" – What you need to know about this year's flu season. The speaker is Pam Good, Director of Infection Control, Plantation General Hospital.

The CDC is predicting this year's flu season to be a difficult one. Learn the key facts in this informative presentation regarding symptoms and prevention of the flu and the H1N1 virus. A bagged lunch to be provided. R.S.V.P. required, call (866) 442-2362.

#### Hyper and Hypotension

**Thursday, Oct. 15**

**2:00 p.m.**

**Covenant Village, Village Center, 9211 W. Broward Blvd., Plantation**

**Speaker: Zoie Goldstein, DO**

Extremes are dangerous and blood pressure is no exception. Westside Regional Medical Center family practitioner Zoie Goldstein, M.D., will explain the risk factors and symptoms of high and low blood pressure. Learn what you can do to avoid and treat extremes.

### Jump On Your Holiday Shopping

**Friday, Oct. 23**

**Holiday Bazaar at Covenant Village, Village Center**

Holiday Affairs is sponsored by the Westside volunteers.

Proceeds benefit the American Cancer Society and American Heart Association. These events are at Westside Regional-Terrace Room

#### Footprints

**Friday, Oct. 2**

**9:00 a.m. - 3:00 p.m.**

#### Dillard's

**Thursday, Nov. 19**

**7:30 a.m. - 4:00 p.m.**

Sponsored by:



## h2u® MEMBERSHIP INFORMATION

H2U national office:

P.O. Box 1300

Nashville, TN 37202-1300

(800) 771-0428

Your local H2U offices:

Plantation General Hospital

401 Northwest 42nd Avenue

Plantation, FL 33317

(954) 513-6663

Director: Marlene Crep

Westside Regional Medical Center

8201 West Broward Blvd.

Plantation, FL 33324

(954) 476-3994

Director: Liz Gassew

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for consultation with a physician.