

Health

FLCC offers eight-week health care job training in Newark

Finger Lakes Community College will bring its eight-week nurse assistant/home health aide training program to the FLCC Wayne County Campus Center in Newark, starting Dec. 2.

Graduates will be prepared to take the New York State Nurse Assistant Certification Exam and seek employment in hospitals and other health care facilities. The program includes preparation for the state Home Health Aide exam as well, giving graduates even greater options when seeking employment.

Graduates of the FLCC nurse assistant/home health aide program have a

99 percent pass rate on the state exam and a 98 percent job placement rate.

The certified nurse assistant/home health aide program allows people to get into the job market quickly, said Lynn Freid, director of workforce development for FLCC. It is a great first step for further advancement in the health care industry.

FLCC offers the course several times per year in varying locations. We are pleased to be able to bring the program to Wayne County, Freid added.

Applicants to the program must attend an orientation session. The next orientation session is Tuesday, Oct. 22, at 10 a.m. at the FLCC Wayne County Campus Center, 1100 Technology Parkway, off Route 88, at the south end of the village of Newark.

For more information about the program, call (585) 785-1660.

Dr. Ralph Madeb offers program for men with low testosterone/erectile dysfunction

Revitalizing men with low testosterone levels, or erectile dysfunction -- that was the motivation behind the Vitalize Medical Center, located at 980 Westfall Road, Building 100, Suite 110 in Rochester.

The Center is helping to determine what is the right treatment/right medication needed for success? In addition, weight loss and nutrient counseling is worked into the mix focusing on men's health and treatments, all under one roof.

Headed by Rochester General/Newark Wayne Urology's Dr. Ralph Madeb, hormone replacement is also used when needed.

Treating ED and Low-T is complex - one size does not fit all. As a Vitalize client, you will receive multi-disciplined medical and holistic approaches in a customized package of therapies regulated to your specific body chemistry. Our team is with you every step of the way, beginning with a comprehensive metabolic work-up. Our specialists will administer a program designed to return your body chemistry to normal, monitoring your

hormone levels and health indicators to maximize results, said Dr. Madeb.

In the non-insurance covered weight

loss program, a low calorie, medically controversial HCG technique of daily shots is administered by the participant to curb appetite. Dr. Madeb's weight losses of up to 52 pounds in the eight week program that includes coaching and a bit of hand holding by the Vitalize staff. Weekly meetings are a must and those who do not adhere to the program, or cheat, are out of the program and lose their special \$600 investment. For more information, call Vitalize at (585) 287-5299.



Dr. Ralph Madeb

What's Up Doc?

Dr. Arun Nagpaul
Health Columnist



October, Pink, Mammograms and Sweater Vests...

Dear Doc,

October is breast cancer awareness month. I have read many different things about what is recommended for mammogram screening and am a bit confused! I am 41 and my sister has had breast cancer. Can you tell me what the latest recommendations are?

Doc...

You are correct October is the month of pink! The designated color pink is a reminder for women to follow the current recommendations and be screened for breast cancer. There are pink ribbons, pink NFL penalty flags, pink boxing gloves, pink grocery store items all over the shelves, and on and on. All in a worthwhile, successful campaign to bring awareness for breast cancer screening and research. The pink campaign began in 1992 with Evelyn Lauder, the daughter-in-law of the late Estee Lauder, and Self magazine's Editor-in-Chief, Alexander Penney, who together launched a Pink Ribbon campaign to remind women who stopped at cosmetic counters that they needed to schedule their yearly screenings. Since 1992, over 330 million dollars have been raised for breast cancer research including 50 million from Estee Lauder products, employees and retail partners.

Screening and early detection is key for treating breast cancer, the most commonly diagnosed cancer in women. One in eight women will be diagnosed with breast cancer in their lifetime. Almost everyone, including me, knows a friend or relative who has had to survive the diagnosis and fight breast cancer, the second leading cause of death among women. Each year it is estimated that over 220,000 women in the US will be diagnosed with breast cancer and more than 40,000 people will die. Although rare, breast cancer may also affect men; an estimated 2,150 men will be diagnosed with breast cancer each year with about 20% of them succumbing to this terrible disease.

The recommendations for screening mammograms are confusing - as confusing as sweater vests. I mean if it's cold enough to wear a sweater, why choose to just keep your torso warm and ignore your arms! Sweater vests

are confusing and not practical at all. Traditionally vests have been items of safety - the bullet proof vest protects us from bullets. The life vest protects us from drowning. The bright orange vest protects the construction worker from distracted motorists. It seems the sweater vest, however, only protects us from being completely warm and practical. It just doesn't make sense to me.

In 2009, the US Preventive Service Task Force recommended women wait until they are 50 to begin getting yearly mammograms. Meanwhile the American Cancer Society and the National Cancer Institute have concluded that yearly mammography for women over 40 is recommended. The debate

and confusion stems from the possibility of screening women and picking up too many false positive readings that would lead to unnecessary biopsies and procedures.

Many have concluded that mammography in women 40 to 49 saves lives but the benefit is less than in older women. It is recommended that you talk with your health

care provider to determine the right age to initiate yearly mammograms. If you have certain risk factors including BRCA gene positive, a strong family history, or previous radiation to the chest, your doctor may recommend even earlier screening or in addition to mammogram screening, an MRI (another x ray modality) screening of the breast.

In addition to mammogram screening, most agree, that a clinical breast exam is an important tool in early detection of breast cancer. Most recommend that women in their 20s and 30s should have a clinical breast exam as part of periodic physical exam by a health care provider every three years. Starting at age 40, a clinical breast exam by a health care provider should be done yearly.

In your case, at age 41 and with a family history of breast cancer, I would recommend following the American Cancer Society's more aggressive guidelines of yearly screening mammograms starting at age 40. I would urge everyone to discuss their risk of cancer with their doctor and formulate a cancer screening protocol that is based on your risk of cancer and in line with accepted guidelines.

This October, I would ask you to consider thinking pink and making a donation to a breast cancer charity. In addition, I would recommend wearing something pink, dressing in a warm sweater that has sleeves and encourage your friends and family to remember to follow up with their breast cancer screening!

Stay healthy and remember the quote by Benjamin Franklin, An ounce of prevention is worth a pound of cure.

Dr. Nagpaul is a medical doctor and is board-certified in Internal Medicine. He currently is the Medical Director at Newark-Wayne Community Hospital and also serves as the Medical Director for Wayne County Public Health, Wayne County Nursing Home and Blossomview Nursing Home. This column is meant to be educational and not intended to be used to make individual treatment decisions. Prior to starting or stopping any treatment, please confer with your own health care provider. To send questions, please email Dr. Nagpaul at Arun.Nagpaul@rochestergeneral.org and put "Ask a Doc" in the subject line.



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