

# Alliant Financial Services, Inc.

## Health Awareness Newsletter

### In This Issue

#### Recommended Immunizations

#### Ovarian Cancer Awareness Month

#### Prostate Cancer Awareness Month

Issue: #3

September/2008



**Dear Clients,**

We do hope that you enjoy the September newsletter. Please contact us with any questions. Let us know if you have any suggestions on articles for future newsletters.

#### **Keep your company informed with important health information!**

This newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

[www.alliantservices.com](http://www.alliantservices.com)

**Want to receive our  
monthly newsletter?**

[Join Our Mailing List!](#)

For more info on  
immunizations go to  
[cdc.gov/vaccines/](http://cdc.gov/vaccines/)

**Want to Contact  
us?**

Send us an email:  
[info@alliantservices.com](mailto:info@alliantservices.com)

OR

Call us: (816) 931-4700

### **Recommended Immunizations**

The U.S. Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics, and the American Academy of Family Physicians recommend a specific childhood immunization schedule each year. Immunizations are recommended because they protect against diseases (give immunity) and make a disease less severe if your child does get it. The schedule outlines the immunizations and booster shots needed from birth through age 6 and ages 7 to 18, as well as when catch-up immunizations should be given.

Many immunizations require more than one dose, given at varying intervals. Although your child does not need to restart the series if a scheduled dose is missed, the immunization should be given as soon as possible. Consult your doctor or public health department if your child missed an immunization or to find out whether your child needs a specific immunization.

### **Ovarian Cancer Awareness**

Among women in the United States, ovarian cancer is the seventh most common cancer and the fifth leading cause of cancer death.

Two recent studies have shed light on the early symptoms of ovarian cancer.

Researchers at the Centers for Disease Control and Prevention (CDC) and Research Triangle Institute examined the types of symptoms and medical tests reported in Medicare claims in the 12 months before women had been diagnosed with ovarian cancer. Over 81% of the 3,250 women 65 years of age and older with ovarian cancer had at least one target sign or symptom before diagnosis.

Women with digestive symptoms such as nausea and vomiting,

constipation, and diarrhea were more likely to be diagnosed with later-stage ovarian cancer. Women with gynecologic symptoms such as abnormal bleeding and genital organ pain were more likely to be diagnosed with earlier disease.

Women with gynecologic symptoms got diagnostic imaging tests and surgical evaluations for ovarian cancer faster than women with other symptoms.

Doctors need to be aware that unexplained digestive symptoms in women may be indicators for ovarian cancer.

In the second study, researchers at CDC and Thomson Healthcare examined patterns of prediagnostic ovarian cancer symptoms and conditions among women with and without ovarian cancer.

They found that certain symptoms were common in women with ovarian cancer:

- *Abdominal symptoms*
- *Female genital symptoms*
- *Gastrointestinal symptoms*
- *Urinary tract disorders*
- *Menopausal disorders*

The differences in symptoms and conditions between women with and without ovarian cancer were most pronounced in the two to three months prior to diagnosis. The results of these studies are important because they identify some of the symptoms that may help doctors in diagnosing ovarian cancer.

## **Prostate Cancer Awareness**

All men are at risk for prostate cancer but older age, race, and family history may increase risk. Learn about the risks and benefits of prostate cancer screening.

Among men in the United States, prostate cancer is the most common form of cancer (other than some kinds of skin cancer). It is the second leading cause of cancer deaths, after lung cancer, and the seventh leading cause of death overall for men in this country.

Several things may increase a man's risk of getting prostate cancer, including:

- *Age. The older a man is, the greater his risk for getting prostate cancer.*
- *Family history. A man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.*
- *Race. Prostate cancer is more common in some racial and ethnic groups than in others, but medical experts do not know why. Prostate cancer is more common among African American men than among white men. It is less common among Hispanic, Asian, Pacific Islander, and Native American men.*

### **Screening**

The most commonly used screening test for prostate cancer is called the PSA, or prostate specific antigen test. The PSA test is a blood test that measures the prostate-specific antigen, an enzyme produced only by the prostate, to see if the PSA level is within normal limits. The doctor also may use this test to check for any change in PSA level compared to the previous PSA test.

Another test that is used to find prostate cancer is the digital rectal exam, or the DRE. During this test, the doctor inserts a gloved and lubricated finger into the rectum. This allows the doctor to feel the back portion of the prostate (where most cancers begin) for size and any irregularities.

The referral of a friend or relative is one of the most satisfying rewards in

our profession. Anyone that you have contact Alliant Financial will be shown the same courtesy and professionalism that you receive.

Please check out our website at [www.alliantservices.com](http://www.alliantservices.com)

**[Forward email](#)**

✉ **SafeUnsubscribe®**

This email was sent to [ben@alliantservices.com](mailto:ben@alliantservices.com) by [ben@alliantservices.com](mailto:ben@alliantservices.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Alliant Financial Services, Inc. | 4717 Grand Ave. | Suite 202 | Kansas City | MO | 64112