

# A CLOSER LOOK

Fall 2007, Issue 9

MAYFAIR DIAGNOSTICS' NEWSLETTER



## CIBC Run For the Cure + Breast MRIs

### Regular Screening: Your Best Bet for Beating Breast Cancer

At 9:00 a.m. on Sunday, September 30, over 11,000 enthusiastic Calgarians set off from Southcentre Mall for the Canadian Breast Cancer Foundation CIBC Run for the Cure – an extraordinary single-day event involving more than 170,000 Canadians in 53 communities across the country. Its principal aim: to raise funds for breast cancer research, education, and awareness programs.

Run for the Cure – which in 2006 raised over \$26 million – is one of many events and initiatives aimed at reducing the incidence of this deadly disease.

Although mortality rates have steadily declined since the Canadian Breast Cancer Foundation opened its doors 20 years ago, breast cancer remains the most frequently diagnosed cancer in Canadian women. (Because men have breast tissue just like women, they too can develop breast cancer, although less than 1% of all breast cancers in Canada occur in men.)

As with many other types of cancer, the earlier breast cancer is detected, the better your chance of survival. Early detection may also mean less treatment and less time spent recovering. For women, yearly mammograms are recommended starting at age 40 and continuing for as long as you are in good health.

Breast cancer screening mammograms are available free of charge with a physician's

referral at any one of Calgary's eleven locations of Radiology Consultants Associated's clinics – the radiology partners who own and operate Mayfair Diagnostics.

#### **Breast MRIs:**

#### **Good News for Women at High Risk**

Yearly breast MRIs in addition to yearly mammograms are highly recommended for women at high risk of breast cancer. (Although numerous factors contribute to breast cancer risk, women over 35 with a strong family history of breast cancer may be at high risk. We encourage you to speak to your doctor to find out more about your risk level.)

According to Dr. Stephen Valentine, Co-Director of Mayfair Diagnostics, "A recent study found that MRI scans picked up additional undiagnosed cancers missed by mammography in three percent of women who had already been diagnosed with cancer in one breast. The high level of detail provided by magnetic resonance imaging technology has become an important tool in our efforts to conquer breast cancer."

Mayfair Diagnostics offers breast MRIs on a fee-for-service basis.

Women at moderately increased risk of breast cancer should talk with their physicians about the benefits and limitations of adding MRI screening to their yearly mammogram.



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## Prostate Cancer + The Prostate Institute

Get the upper hand on prostate cancer.

Cancer of the prostate – a gland in the male reproductive system – is most common in men in their seventies and eighties, though it can strike in men as young as forty. One in six men in North America will be diagnosed with the disease in his lifetime, and between 1 in 4 and 1 in 7 will die from the cancer. The younger the man, the greater the risk of dying from the disease.

Similarly, the earlier the diagnosis, the greater the chances of cure. For prostate cancer, early detection is the greatest key to survival.

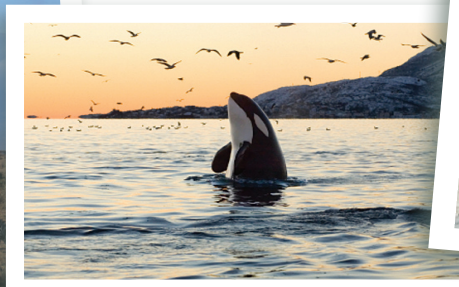
Prostate cancer in its early stages has no symptoms, which is why it's so important for men to see their physicians for

annual check-ups. The most important tools in diagnosing the disease are the digital rectal exam (DRE) and a blood test called the PSA (prostate specific antigen).

If you're a man 40 years of age or older, be sure to request prostate cancer screening during your annual check-ups.

Calgary's Prostate Cancer Institute promotes prostate cancer education, awareness and research. Their Web site, [prostatecalgary.ca](http://prostatecalgary.ca), is an excellent source of information and support.

## 100 Things To Do: A Life Worth Living



In the January 2007 edition of A Closer Look, we introduced the idea of creating a 'Top 100 Things To Do in this Lifetime' list – a great way to keep you motivated and to encourage more positive, life-prolonging ways of living.

To end our series, we're adding 10 more items to our list. We wish you all the best in dreaming up your Top 100... and in seeing each of them come true.

### Top 100 Things To Do

- 91. Surf the perfect wave
- 92. Be able to say 'I'm in the best shape of my life'
- 93. Walk the Red Carpet
- 94. Go whale-watching off the coast of Tofino
- 95. Climb Mount Kilimanjaro
- 96. Teach a child to ride a bike without training wheels
- 97. Go on a silent retreat
- 98. Take an award-winning photograph
- 99. Discover buried treasure
- 100. For an entire day, do nothing!