

NEW YEAR, NEW YOU: RESOLVE TO KEEP YOUR RESOLUTIONS

2005 is the year to get healthy. You can take our word for it, or just look around: you'll see it happening yourself. Everywhere people are pursuing positive change in their lives toward better health. Why not join the crowd? Try three ideas this year and see how you feel:

Eat better.

Yes, you've heard it before, but it never goes out of style. It's true that in our nonstop, fast-forward lives we don't often take time to make the best food choices. But there's help. Talk with a nutritionist. They can help you get in better touch with your body and what it responds to – the good and the bad.

Take care of yourself.

A little time on the treadmill never hurt anyone – and guess what? It's a great place to blow off steam. All that sitting at your desk in the office is hard on the bones and muscles, too. We weren't designed to be sedentary, so get up and go for a walk, even if it's just to the water cooler. Better yet, take your kids to the park.

Pause.

There's more to life than the word GO. Savouring a moment or two of personal time, doing just what you love to do, is essential for your mental health. So STOP once in a while, take a deep breath, and be on your own. You can see to everyone else's needs much better if you see to yourself on a regular basis. It's the gift that keeps on giving!

On that note, best wishes from all of us at Mayfair Diagnostics for a happy and fulfilling 2005!



BREATHE EASY: EARLY DETECTION HOLDS PROMISE FOR LUNG CANCER

Lung cancer kills more than 180,000 North Americans each year – more than prostate, colon and breast cancer combined. Estimates indicate up to 10% of Canadian men and almost 5% of Canadian women will eventually die from this disease.

Worse, a diagnosis of lung cancer equates to a death sentence for 85% of patients. Despite millions of dollars spent on research and treatment over the past 20 years, modern medicine has succeeded in improving survival by just 3%.

There is hope. After quitting smoking, early detection may be your best defense against lung cancer. Researchers have recently demonstrated that routinely screening for lung cancers reveals most tumours while they are Stage I cancers – in other words, while they are potentially curable.

In a Cornell study, 90% of the cancer patients whose tumours were found during screening and who opted for surgical removal were still living eight years later. All three patients who elected to forego surgery died within three years. Cornell physicians took this as strong evidence in support of spiral CT as a screening tool for the early detection of lung cancer.

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SMOKE BREAK: IT'S NEVER TOO SOON TO QUIT

At a recent symposium on screening CT, Harvard research physicians including Canadian Dr. Bruce Johnson stated that the most important step toward minimising your risk of dying from lung cancer is to stop smoking.

Better yet, don't start. The symposium concluded that former smokers remain at risk for developing lung cancer up to 20

years after their last cigarette.

If you are or have been a smoker, regular screening is doubly important. Studies suggest individuals with a significant smoking history – one or more packs a day for 10 years or longer – should consider CT screening for lung cancer starting at age 50.

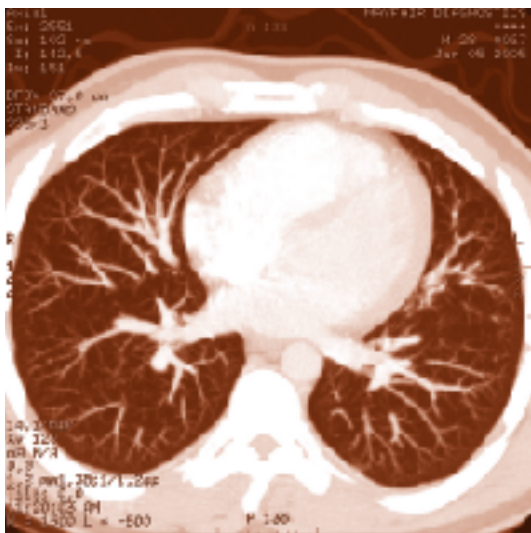


Image of a healthy lung.

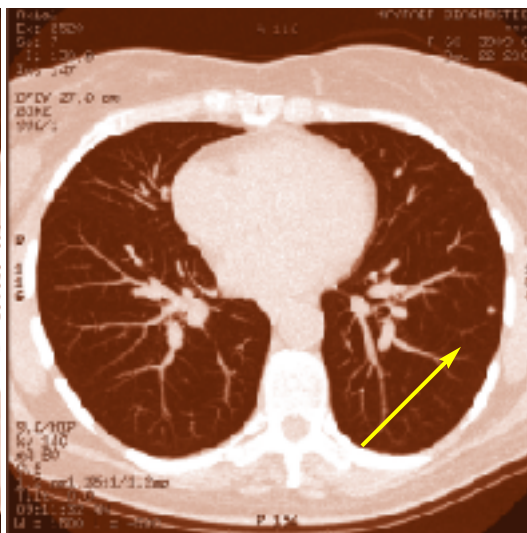


Image of a lung with a nodule.

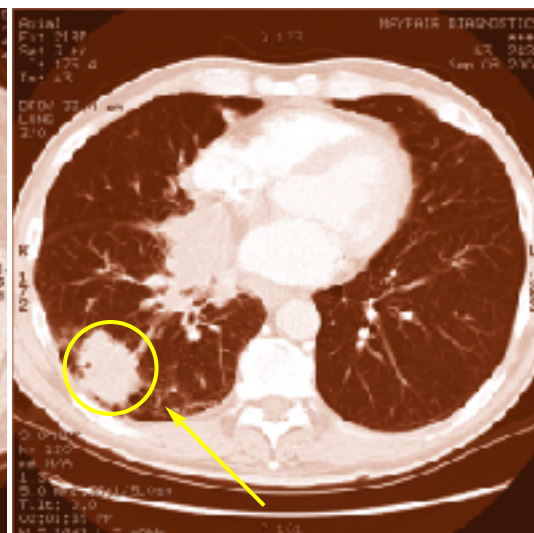


Image of a lung with cancer.

ABC NEWS: LUNG CANCER KILLS MORE WOMEN THAN BREAST CANCER

Lung cancer has surpassed breast cancer as the main cause of death for American women, according to an article on ABC News Online. [View the article.](#)

A YEAR OF GIVING: MAYFAIR LOOKS BACK AT 2004

2004 was a year of growth for Mayfair Diagnostics and we enjoyed sharing our good fortune with others in need. Among the charities we donated to over the past year were the Kids Cancer Care Foundation of Alberta, The Calgary Immigrant Women's Association, Kerby Centre, MS Society and Calgary Women's Emergency Shelter.

EARLY WARNING: MAKE A PRE-EMPTIVE STRIKE AGAINST CANCER

You know the reality. Lung cancer is often diagnosed at advanced stages when it is incurable. The sooner the disease is found, the better a patient's chances for survival.

CT (computed tomography) scans should be part of regular checkups for people at high risk for cancer. A new study, the International Early Lung Cancer Action project, found 96% of patients diagnosed with lung cancer through screening CTs had the cancer successfully removed, and that follow-up is suggesting the majority of these patients may have been successfully cured of disease. The technology uses scanners to view the lungs and surrounding tissue at different angles. It can spot growths as small as a grain of rice.

Claudia Henschke, radiology professor and head of chest imaging at New York-Presbyterian Hospital, says the key to keeping survival rates high is regular CT scanning. "[For] maximum benefit, you have to come in year after year." She stresses 85 percent of lung cancer patients who aren't screened die. And more lung cancer cases are detected through screening than with usual diagnostic methods (such as chest X-rays), says Paul Pinsky, a statistician at the National Cancer Institute.

If you are at risk, don't delay. An early look may turn the tide.