

AIM

Alpha Internal Medicine

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January AIM Monthly Newsletter



Your spoonfed days are over!
YOU can choose now!
YOU have the power!



NEW in 2012:

AIM for HEALTH!

when you sign up for AIM's new
12 week health & wellness program for 2012
Only \$199 per person!

Sign up with a partner and get 10% off!
INCLUDES: basic blood work!

Program Outline

- Lesson 1: Do you need to lose weight
- Lesson 2: Want to Lose Weight?
- Lesson 3: Feel Full on Fewer Calories:
Think "Choose Right" not "Diet"
- Lesson 4: Exercise to Lose and Control Weight
- Lesson 5: Portion Control: Don't Go Overboard
- Lesson 6: There's Lots of Good Reasons to
Eat Breakfast
- Lesson 7: Cooking is the Better Weigh
- Lesson 8: Dining Out: Do It the Smart Weigh
- Lesson 9: Don't Drink Your Calories
- Lesson 10: Carbohydrate 101:
Not All Carbs Are Created Equal
- Lesson 11: Snacking Smart: Think Out of the Bag
- Lesson 12: Lower Fat for Better Weight Control



AIM for HEALTH!
Make choices today
that will make all your
tomorrows great!

New Guidelines for PAP Testing for Women



Most Americans Cervical cancer has been proven in large part to be caused by the human papilloma virus (HPV). The human papilloma virus is contracted typically through sexual intercourse. This virus infects the cells of the cervix and has the potential to genetically alter the normal cell growth cycle. As a result, uncontrolled cell growth can lead to cervical cancer. Out of the 40 types of HPV known to infect cervical cells, 18 are prone to damaging the cells thus causing cancer.

The advent of the Papanicolaou smear (PAP) has aided physicians in screening for abnormal cells. This test has traditionally been performed yearly in sexually active women. Advances have occurred in the technique of this test in the last 15 years. Overall, the incidence of cervical cancer in the United States has decreased by 50 percent over last 30 years.

With the latest knowledge that most cases of cervical cancer are caused by HPV, screening with a PAP test as well as for HPV increases accurate detection of cervical cancer. Results of a routine PAP test are as follows:

- atypical squamous cells of undetermined significance (ASCUS)
- low grade intraepithelial lesion high grade intraepithelial lesion
- cancer

Previously, a result of ASCUS required repeat testing in 2-3 months. However, combining HPV testing with PAP gives more concise information regarding the need for biopsy without waiting for repeat testing. The American College of Obstetricians and Gynecologists, in 2009, issued new guidelines for screening for cervical cancer:

- 1) PAP test for all women starting at age 21 (younger is not necessary). If normal, repeat PAP every 2-3 years
- 2) PAP plus HPV for women over 30 years of age. If negative, repeat PAP/HPV every 3 years.
- 3) At age 65, after 3 normal PAP/HPV over a ten year period, no more PAP testing is needed.

However, your physician may elect to continue every 3 year screening for women who are still sexually active or have multiple partners. 4) No PAP testing in women who have had a full hysterectomy with complete excision of cervix, granted no history of abnormal cervical testing (i.e. precancerous or cancerous lesions).

One final note, the Advisory Committee on Immunization Practices recommends the HPV vaccine to all females ages 9-26. This is a particularly exciting advancement in cancer prevention as this is an actual vaccine against cancer. However, it only covers 4 of the 18 cancers causing HPV. Therefore, vaccinated women are still recommended to have screening as outlined above.

- Betsy Horton-Pawlowski, MD

**If your group needs a speaker to address health topics,
contact Mary Jane Holt at AIM
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