

New Year.

New You. Tips to fuel your resolutions

It's a new year and that means at least half of you have made a resolution—and it's probably about your health. Cheers to you! We applaud your efforts to grow a healthier life for you and your family.

To help keep you going, we asked four Parker physicians to give you some advice. We also asked them to share their New Year's resolutions with you.

Here's what they had to say.



Look behind your mammogram

Last year the U.S. Preventive Services Task Force increased the recommended age at which women should start annual mammograms, leaving some women confused and tending to delay this life-saving test. **Most cancer experts, however, continue to recommend that women start annual screenings at age 40—even earlier if they have a family history of this disease.**

"Mortality from breast cancer has been cut by as much as 30 percent since we started telling women to get annual mammograms at age 40," says Christine Rogness, MD, breast surgeon and medical director of the breast program at Parker Adventist Hospital. "This decrease in deaths is directly attributed to using mammography as a screening tool. Given that data, I don't know how we could recommend otherwise."

Before making an appointment, take time to decide the best place to be screened, Rogness advises, as you're likely to return there year after year. Check that the facility is accredited by the American College of Radiology. Then ask **who** will read your mammogram. Look for a center with radiologists who are on-site, specially trained in reading mammograms and who spend at least half their time reading mammograms.

Digital mammography is the most state-of-the-art screening technology and is especially good for younger women who have dense breasts. Because it uses more sensitive imaging, it requires an even higher level of expertise, Rogness says.

The Trio Breast Center at Parker Hospital offers digital mammography read by board-certified breast radiologists. To schedule an appointment, call 303-269-4150.

**Christine Rogness, MD
Breast Surgeon**

New Year's Resolution:
To exercise five times weekly and add weight training to her running and cycling.

A resolution with real results

Cut back on restaurant and processed foods and you'll start to see your blood pressure drop within weeks, according to research by the U.S. Centers for Disease Control (CDC). **Lower blood pressure will reduce your chances of early onset dementia, stroke, heart disease and kidney failure.** How's that for results?

"A lot of the health problems I see are avoidable," says Oscar Dominguez, MD, a kidney and hypertension specialist at Parker Adventist Hospital. "A large number of folks end up with hypertension because of lifestyle choices, including obesity, a high-sodium diet, heavy alcohol intake and lack of exercise."

Excessive salt consumption is one of the leading causes of high blood pressure, and nearly all of that salt comes from restaurant and processed foods, according to the CDC. Consider, for example, that even the relatively healthy-sounding miso soup with noodles from Tokyo Joe's contains a whopping 2,687 mg of salt or Subway's foot-long ham sandwich contains 2,400 mg of salt. Then consider that your body needs less than 500 mg of sodium each day to survive—and that the Institutes of Medicine recommends no more than 1,500 mg per day. Currently, the average American over the age of 2 consumes nearly 3,500 mg of salt every day.

"If you're eating out a lot, there's no way you can avoid a high-sodium diet," Dominguez says. "The reality is that food does taste better when it's highly salted, and our palates become accustomed to that."

Dominguez does not preach that you should never eat out again. Instead, he recommends shooting for an average consumption of 1,500 mg of salt each day over the course of a week. "A lot of my patients eat very healthy during the week and then go out to dinner on the weekend," he says.

**Oscar Dominguez, MD
Nephrologist**

New Year's Resolution:
Take up silat, a Malaysian martial arts practice.

