

## Lung Cancer Awareness Month

By Silvio A. Garcia, M.D., FACRO

**L**ung cancer is the leading cause of cancer deaths in both men and women in the United States. November is lung cancer awareness month and some useful information of this terrible killer is always welcomed.

An estimated 172,570 new cases (93,010 in men, 79,560 in women) of lung cancer will be diagnosed in 2005 and 163,510 deaths (90,490 in men, 73,020 in women) will occur because of this disease. Approximately 14% of all lung cancer patients will be alive 5 years or more after diagnosis.

The primary risk factor for lung cancer is smoking, which accounts for over 85% of all lung cancer-related deaths. The risk of lung cancer increases with the number of cigarettes smoked per day as well as the number of years spent smoking. In addition to the hazard of first-hand smoke, exposed nonsmokers have an increased relative risk of developing lung cancer. Radon gas, which can be found in the basements of many homes is the second leading cause of lung cancer. Asbestos airborne shards when inhaled increase the risk of lung cancer, especially in people who smoke. Researchers estimate that about 3% to 4% of lung cancers are caused by asbestos exposure. In addition, other possible risk factors include recurring lung inflammation, lung scarring secondary to tuberculosis, family

history, and exposure to other carcinogens such as bis(chloromethyl) ether, polycyclic aromatic hydrocarbons chromium, nickel, and organic arsenic compounds.

The treatment of lung cancer is based mainly of the type of cancer and the stage of the cancer (how advanced the cancer is at diagnosis). Modern state-of-the-art treatment is a multi-modality approach and employs surgery, radiation therapy and chemotherapy. There are many treatment protocols and approaches which are available, and all are dependent on the type of cancer, the stage of the cancer and if any previous treatments have been delivered. The earlier a cancer is diagnosed, the better the chances of curing the patient.

**It is very interesting that the leading cause of cancer deaths in the United States is a unique disease in which more than 85% of cases are caused by cigarette smoking or involuntary exposure to smoke. This terrible disease can be almost completely eradicated by NOT SMOKING!!!**

*Dr. Garcia is Medical Director of The Gardens Cancer Center.*

*The Gardens Cancer Center in Palm Beach Gardens, FL can assist you in getting help to stop smoking, get information on lung cancer and deliver state-of-the-art cancer therapy. You can reach us at 561-775-7075.*

## New Rochelle Is Really A Great Place To Retire

By Anita Finley

**I**n my last column, I introduced a marvelous retirement community in New Rochelle, New York. What makes this senior retirement community interesting and unique is that it offers something very unusual and beneficial for older adults. It's called a "Turn Key" Program.

Just what does a "Turn Key" approach mean in retirement living? Imagine if you just want to try a new place to live. Other than living in a hotel, moving is a chore. The folks at Willow Towers in New Rochelle know that. That is why they have developed a trial living situation called a "Turn



Key" program. All you have to do in essence is call for availability, then just pack your suitcase, get to New York and leave the rest to them. The phone and cable are already on—they will even send you the kit to forward your mail. They'll be there to pick you up at the airport and when you arrive, you will see why Willow Towers just won the prestigious Platinum award for the "Best Assisted Living community" from the National Home Builders Association. In a nutshell, it's a great and special place to live!

As you visit their beautiful community, you will enjoy their luxury accommodations and appreciate that they also have personal care services

in case you ever need them. One of the outstanding reasons for their success is they have every conceivable amenity one could want in a retirement community. Here are some of the valuable services to make your life very comfortable and enjoyable:

- ☺ 3 restaurant-style meals daily
- ☺ weekly housekeeping
- ☺ 24 hour professional staff
- ☺ personal laundry service
- ☺ full-time registered nurse on-site
- ☺ assistance with bathing and dressing
- ☺ 24-hour café with snacks
- ☺ in-room emergency call system
- ☺ 24-hour concierge and scheduled transportation
- ☺ medication management
- ☺ wellness checks

In addition to those amenities, there is a full calendar of stimulating activities, something for every taste and desire.

This is your time to go home to New York and have the best of both worlds. For those of you who may have families living in New York and its surroundings, this is a wonderful opportunity to escape the aftermath of recent storms and to be closer to your family and spend holidays and special moments within a short drive. If you are not sure about making this move, take the "Turn-Key" experience and let them show you what it could be like living at Willow Towers in New Rochelle.

*For more information about Willow Towers, please call Pegi Doyle, Director of Marketing at 914-636-6565 or go to their website: [www.willowtowers.com](http://www.willowtowers.com) and take the virtual tour of their community without leaving your armchair. Ask about their Turn-Key invitation to join them for a short stay.*

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Dorothy and Ann get ready for water exercise class

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Century Village residents — meet us at the Indoor Pool at the Clubhouse at Century Village East in Deerfield Beach & Century Village in Boca Raton.

## Watsu Doing?

**E**ver have stiffness from overdoing it too much? Have muscle aches and pains? Maybe too much yard work, a second game of tennis was just enough to put you in pain the next day? You could grab an aspirin, or enjoy a Watsu session!

Watsu is the combination of Shiatsu massage and water therapy techniques resulting in a luscious muscle relaxing, sweet escape from reality treat for aches and pains! Immediate relief is felt from the time you enter the swimming pool and the therapist begins. Your Watsu experience will have you relaxed, without pain and peaceful within 30 minutes.

The technique is specially designed to be focused on relaxation, from your

closing your eyes to gently sinking down into a deliciously heated 90-degree swimming pool. As the therapist's positions bring you into a floating position, you are fully supported by his/her arms. A specially designed series of movements is initiated by the therapist, gently rocking your body in the water. The rhythm is soothing and you can feel the tension in your body lessening. As the therapist continues to move different parts of your body, you can feel the stiffness of your muscles turning into relaxation.

This is the experience of a Watsu session. Watsu was originally designed as a wellness technique by Harold Dull in Harbin Hot Springs, California. As a wellness technique, it is good for



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Call Pegi, Lindsey or Elsie today for details at:  
**TOLL-FREE 1-877-636-6565**

relaxing stiff muscles after too much hard work and for peacefulness for one's mind. Over the years, it has been found to offer relief of neck and back pain resulting from orthopedic problems. These problems can be spinal stenosis, lumbar sprain/strain, or arthritis. Relief from pain caused by fibromyalgia or soft tissue damage is another significant benefit of Watsu.

Watsu is provided by therapists certified in the technique and earn their certification during 5-days of hands-on instruction. Each day includes 12 hours of training. There are 3 levels of certification. The first level enables

the therapist to provide the technique; then the additional levels further enhance the therapist's abilities.

Watsu can be found in high-end spas and aquatic therapy facilities. It is highly specialized, providing excellent results. As a wellness session, it would benefit everyone with an achy muscle. As a therapeutic treatment, it is a breakthrough in the management of pain.

*Dr. Theresa R. Pantanella, OT/L, MPA, OTD is the owner of Florida Aquatic Therapy & Exercise. If you would like more information about this therapy or for individual therapy or group exercise classes, please call Theresa at 954-785-8229.*