



BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
 - Swelling, redness, or warmth that does not go away
 - Recurrent pain in a particular part of the breast
 - Pulling in of the nipple
 - Nipple discharge that starts suddenly in only one breast
 - An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

The Forum

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TENNIS TIPS

HOW TO EXECUTE THE HALF VOLLEY

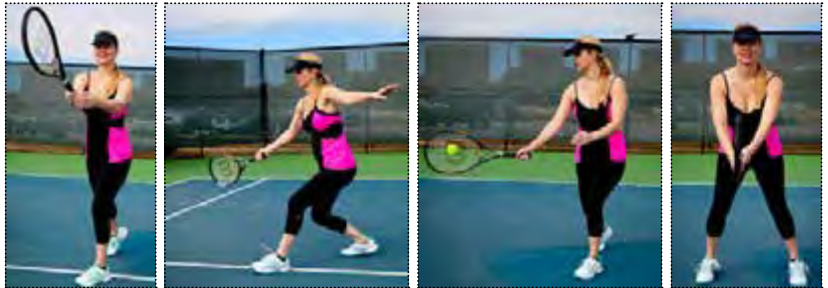
By USPTA/PTR Master Professional
Fernando Velasco

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.



Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Sandra Esparza, MD
Family Practice

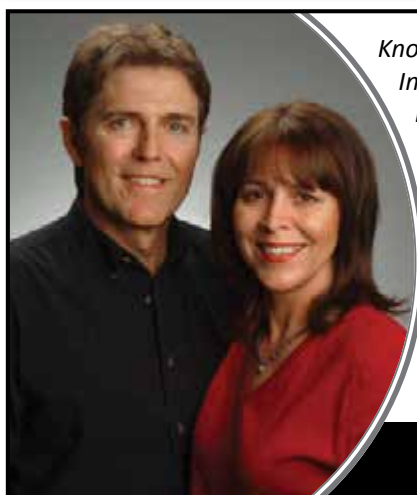
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November: Underwater Holiday Photos! Colin's Hope will be collaborating with Flashpool Productions and pool partners throughout the Central Texas area to capture your BEST Holiday picture Ever! Proceeds from photos will help us prevent drowning. Locations and dates will be posted at www.colinshope.org and our Facebook page soon.



Thank you to AG Real Estate Services for underwriting our Underwater Holiday Photo project.



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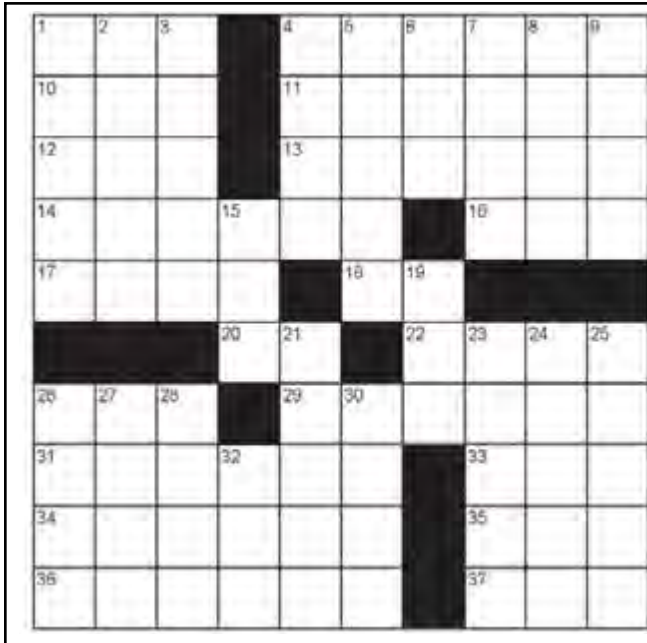


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14. Musician (3 wds.)
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18. Horsepower (abbr.)
20. Cincinnati locale
22. Hasten
26. Mountain Standard Time
29. Eras
31. Cover
33. Eccentric
34. Beaches
35. Vane direction
36. Hug upon greeting
37. Danish krone (abbr.)

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2. Root beer brand (3 wds.)
3. Stone
4. Aurora
5. Ponder
6. Build up
7. Holes
8. Syllables used in songs (2 wds.)
9. Sledge
15. Gone by
19. Not against
21. Cycles per second
23. Pimpled
24. Glob
25. Organic compound
26. Soft mineral
27. Prig
28. Tyrant
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32. North American country

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Meet ADC's New Specialists



Scott Boruchow, MD, Neurologist

Appointments: 512-901-4061

Dr. Boruchow received his degree from Albert Einstein College of Medicine of the Yeshiva University in Bronx, NY. He completed his internship and residency training for Internal Medicine at Mount Auburn Hospital in Cambridge, MA. After that, he went through training in neurology at Beth Israel Deaconess Medical Center in Boston where he also completed a fellowship in Clinical Neurophysiology and Neuromuscular Disease. Dr. Boruchow is board certified by the American Board of Psychiatry and Neurology. He sees patients at ADC's Main Clinic in North Austin.



Brock Harper, MD, Rheumatologist

Appointments: 512-901-4068

Dr. Harper received his medical degree from the University of Texas Medical Branch in Galveston. He completed his internship and residency at Medical University of South Carolina and his fellowship in rheumatology at the University of Texas Health Science Center in Houston. Dr. Harper is board certified by the American Board of Internal Medicine in Rheumatology and is accepting new patients. He sees patients at ADC's Main Clinic in North Austin.



Greg Thaera, MD, Neurologist

Appointments: 512-901-4061

Dr. Greg Thaera comes to ADC most recently from Arizona where he had two fellowships at Mayo Clinic Arizona, first in Neurophysiology and then in Multiple Sclerosis. He also completed his internship and residency at Mayo Clinic Arizona in Neurology. Dr. Thaera earned his medical degree from Indiana University School of Medicine. He is board certified by the American Board of Psychiatry and Neurology. He sees patients at ADC's Main Clinic in North Austin.



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