

TADISO TIMES

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IMPORTANT NEWS.....

SPRING FORWARD
THIS WEEKEND

Time change will occur March 10th. Don't be late for the clinic on Sunday!!



History of St. Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools.

Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

Pittsburgh's St. Patrick's Day parade is Saturday March 16. Allow extra time to get to the clinic because traffic may be a problem.



Thank you for your patience during the recent power outage. Our back up generator did not come on as planned. We apologize for the delay.



Tadiso Tidbits..... Reminders from Tadiso

- TADISO locks the door to the clinic at 4:15pm on weekdays and 1:45pm on weekends. Please leave your home early so you are not locked out. Be prepared for traffic and delays due to construction, sporting events, concerts, etc.
- Patients looking for fast service should come to the clinic between 12-4pm. NO WAITING!
- Any weapon brought on the property will be confiscated and the patient will be discharged. Please leave your weapons, mace, screwdrivers, etc., at home, or outside Tadiso property.
- Fighting within a 3 block radius of Tadiso property is grounds for immediate discharge. Threats against staff = discharge.
- Do not leave your child alone in the car, while receiving services at Tadiso. We are mandated to call the police. In addition, our Security personnel are not permitted to watch your children. Our child care is free and includes a snack for your child.
- Bring all prescription medication to the clinic for the nurse to record in the system. Please do not bring your medical marijuana. A copy of the script is satisfactory, in this case.

OVARIAN AND PROSTATE CANCER AWARENESS

- from the CDC

Ovarian cancer is a group of diseases that originates in the ovaries, or in the related areas of the fallopian tubes and the peritoneum. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs. Women have two fallopian tubes that are a pair of long, slender tubes on each side of the uterus. Eggs pass from the ovaries through the fallopian tubes to the uterus. The peritoneum is the tissue lining that covers organs in the abdomen.

When ovarian cancer is found in its early stages, [treatment](#) works best. Ovarian cancer often causes [signs and symptoms](#), so it is important to pay attention to your body and know what is normal for you. Symptoms may be caused by something other than cancer, but the only way to know is to see your doctor, nurse, or other health care professional.

There is no known way to prevent ovarian cancer, but these things are associated with a lower chance of getting ovarian cancer—

- Having used birth control pills for five or more years.
- Having had a tubal ligation (getting your tubes tied), both ovaries removed, or a hysterectomy (an operation in which the uterus, and sometimes the cervix, is removed).
- Having given birth.

Breastfeeding. Some studies suggest that women who breastfeed for a year or more may have a modestly reduced risk of ovarian cancer.

While these things may help reduce the chance of getting ovarian cancer, **they are not recommended for everybody**, and risks and benefits are associated with each. Avoiding risk factors may lower your risk, but it does not mean that you will not get cancer. Talk to your doctor about ways to reduce your risk.



The **prostate** is a part of the male reproductive system, which includes the penis, prostate, and testicles. The prostate is located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder). It produces fluid that makes up a part of semen.

As a man ages, the prostate tends to increase in size. This can cause the urethra to narrow and decrease urine flow. This is called benign prostatic hyperplasia, and it is not the same as prostate cancer.

All men are at risk for prostate cancer. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer.

The most common risk factor is **age**. The older a man is, the greater the chance

of getting prostate cancer.

Some men are at increased risk for prostate cancer. You are at increased risk for getting or dying from prostate cancer if you are African-American or have a family history of prostate cancer.

African-American Men

- Are more likely to get prostate cancer than other men.
- Are more than twice as likely to die from prostate cancer than white men.

Get prostate cancer at a younger age, tend to have more advanced disease when it is found, and tend to have a more severe type of prostate cancer than other men.

Family History

- Men who have a father, son, or brother who had prostate cancer are at increased risk for getting prostate cancer.

Men with three or more first-degree relatives (father, son, or brother), or two close relatives on the same side of the family who have had prostate cancer may have a type of prostate cancer caused by genetic changes that are inherited.

Men who are not African-American and do not have a family history of prostate cancer are at average risk.