HEALTHY LIVING

women estimated to receive a new diagnosis of ovarian cancer this year, the prognosis is expected to be poor – nearly 80 percent of them will be diagnosed in advanced stages. Sadly, another 14,000 women are expected to die this year from this disease.

Dr. Mike Janicek, medical director of gynecologic oncology at Abrazo Central Campus, said there is no way to screen for ovarian cancer. In most cases, ovarian cancer starts in the fallopian tubes. By the time it travels down to the ovaries, it typically has metastasized, which is why most women are diagnosed with stages 3 and 4 cancers.

The good news is that medical advancements are helping to better diagnose and treat women. Abrazo Central Campus at 2000 W. Bethany Home Road is one of the few hospitals/surgical centers in the country performing an innovative type of procedure to attack the cancer. For some patients with very advanced abdominal cancers, such as ovarian cancer, HIPEC or Hyperthermic Intraperitoneal Chemotherapy, is a treatment that involves surgically removing a tumor and then dispensing an extremely high concentration of heated chemotherapy directly into the abdomen. The goal is to shock and kill remaining cancer cells directly, without diluting through the bloodstream.

Ovarian cancer also can be slow to reveal itself. Some of the warning signs to watch for include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, urinary symptoms, such as urgency or frequency, or a family history of breast, ovarian, or multiple other cancers.

Some women have genetic mutations that make them more likely to develop ovarian cancer, Janicek said. To learn more, visit www.abrazohealth.com.

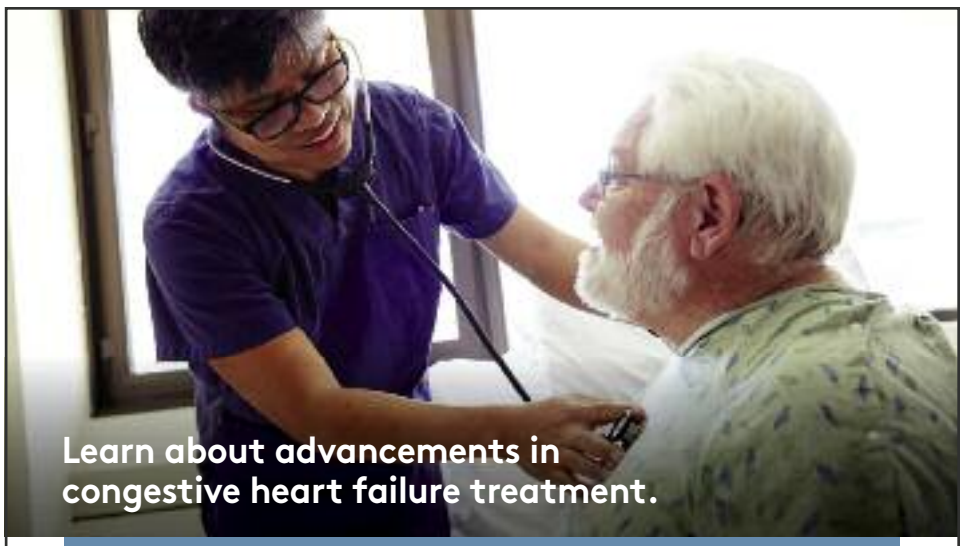
Wellness weekend offers relaxation freebies

Celebrate World Wellness Weekend with some relaxing deals at Massage Envy locations in North Central Phoenix and around the Valley.

Massage Envy will provide free trials of three services from 10 a.m. to 1 p.m. Saturday, Sept. 21, and Sunday, Sept. 22. The treatments include a free skincare analysis with a free product from PCA skincare, a free 10-minute trial of Rapid Tension Relief or a free 10-minute trial Total Body Stretch. Customers can experience a rapid vibration movement that addresses muscle tension, focusing on up to 11 different target areas with the Rapid Tension Relief. The Total Body Stretch is a head-to-toe assisted stretch that aids with increasing mobility, performance and flexibility.

In North Central Phoenix, there are Massage Envy locations at 1660 E. Camelback Road and at 3162 E. Indian School Road.

Nearly 50 organizations, including the United Nations Global Sustainability Index Institute and the European Commission, support World Wellness Weekend. It aims to boost the creativity of the hospitality, fitness and beauty industries to open their doors on the same weekend and reveal the expertise and passion of their teams. World Wellness Weekend kicked off in France and Belgium in 2017 and 633 venues in 88 countries celebrated it last year. To learn more about World Wellness Weekend, visit www.world-wellness-weekend.org. For more information on Massage Envy, visit www.massageenvy.com.



FREE SEMINAR

ADVANCED CONGESTIVE HEART FAILURE TREATMENT

Thursday, September 19 | 6-7 p.m.

2nd Floor Conference Room,1930 E. Thomas Rd, Phoenix, AZ 85016

Join us for a seminar and Q&A with interventional cardiologist, Dr. Gopi Cherukuri, to discuss causes, risk factors and surgical and non-surgical treatment. Come early for a free heart health screening between 5-6 p.m.

Please register by calling 833-737-2763 or visit AbrazoHealth.com/HeartSeminar

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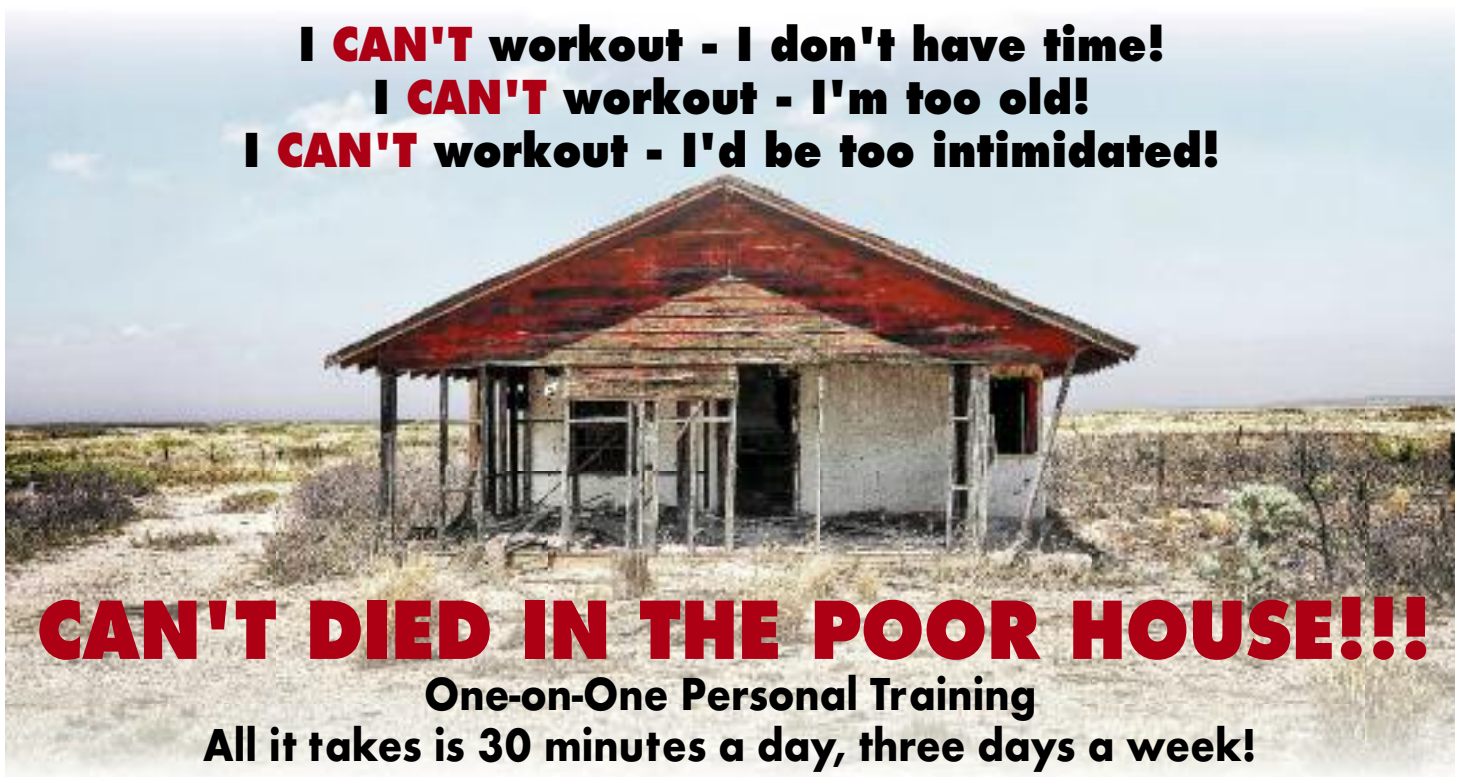

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