



Prostate Cancer Screening Make an Appointment Today!

The goal of any screening test is to detect disease in otherwise healthy, normal individuals. When disease is detected early, treatment can be started early minimizing the negative effects of that disease. When the medical community applies screening to prostate cancer, men should begin testing around 45-50 years of age and continue every year thereafter. The prostate is an organ in the reproductive systems, which creates a majority of the seminal fluid in ejaculation. The best prostate cancer screening consists of two tests: a lab test and a physical exam. The lab test is a measure of the PSA or prostate-specific antigen. The PSA is a protein produced by the prostate and it becomes elevated in men with any prostate disease, such as prostate infections, BPH (benign prostatic hypertrophy), or prostate cancer. The second test is the digital rectal exam. The prostate is found in the pelvis, near the anus, and its location allows for the provider to perform a digital rectal examination with the provider's index finger. Because the entry point is the same as when performing a colonoscopy, this exam is often thought of as a screening test for colon cancer, rather than prostate cancer. During the digital rectal exam, the provider is actually examining the prostate, assessing the prostate

by palpating it through the colon. The prostate should be smooth and soft, without being enlarged or having any nodules. As "dreaded" as this exam is for men, it is very simple and a normal part of the male physical exam. Prostate cancer is a serious disease affecting men, but when found early it is curable! All of us here at CVMG are committed to your health by providing preventative medicine. We implore you, please do not let the stigma of this exam stop you from getting screened.

did you know?

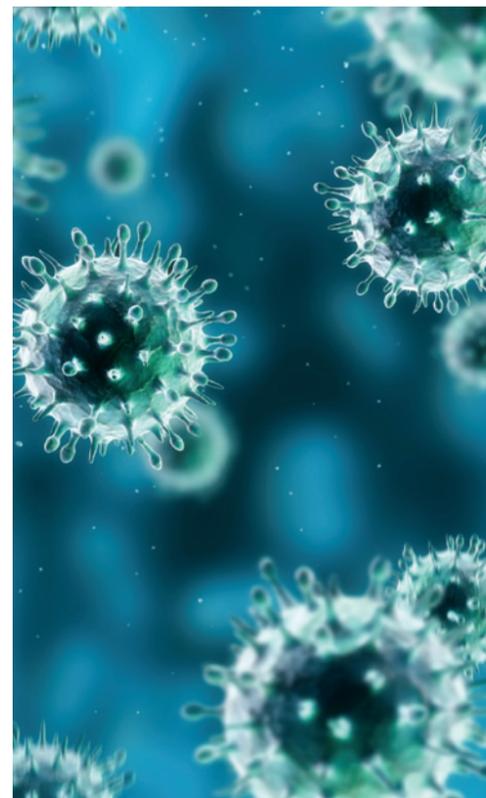
That you could visit our new website at cvmgdocs.com for the latest information regarding our office, past issues of Vital Signs and information on all of our providers!



Common Cold vs. The Flu Know the Differences

Winter is upon us, and while we here in Southern California will most likely have some stretches of cold weather, we will still have good periods of 70-80 degree weather in the coming months. However, it is still cold and flu season, and we at CVMG want to take the time to give you some pointers to separate colds from the flu.

Colds are almost entirely caused by viruses—most notably, the rhinovirus is one of the largest culprits for the colds we will encounter in the coming months. Symptoms start slowly and will include nasal congestion, runny nose, sore throat, sneezing, coughing and a mild fever. These can last up to 10 days. Phlegm will also be produced—it will start out clear as your normal bacteria levels die off due to the viral infection. As your body fights back and your bacteria returns, the phlegm will change color from a white to a green and even yellow. Over the counter medications, fluids and rest are usually sufficient to combat the common cold—antibiotics are not necessary. If your symptoms last more than 10 days, we encourage you to come in and be seen. Additionally



if you suffer from asthma, COPD or any other chronic illness, it is wiser to be seen sooner if your symptoms persist.

Influenza, or the flu, is an entirely different beast unfortunately. While the symptoms may be similar in both, patient's with the flu have more significant symptoms—high fevers, dry cough, intense body aches. The flu tends to come on suddenly, and can vary from a very mild form to a more severe form, even requiring hospitalization. People with chronic illnesses, such as diabetes, HIV and pulmonary disease, are at higher risk of having a more significant course of illness. Flu symptoms can run for 1-2 weeks, and people with the flu are contagious. Per the Centers for Disease Control, a person with the flu is contagious one day before symptoms develop, and 5-7 days afterwards. The best way to prevent the flu is by frequent hand washing, good overall hygiene, and most importantly, an annual flu vaccination. Flu vaccinations are recommended for all individuals ages 6 months and older.



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vital signs

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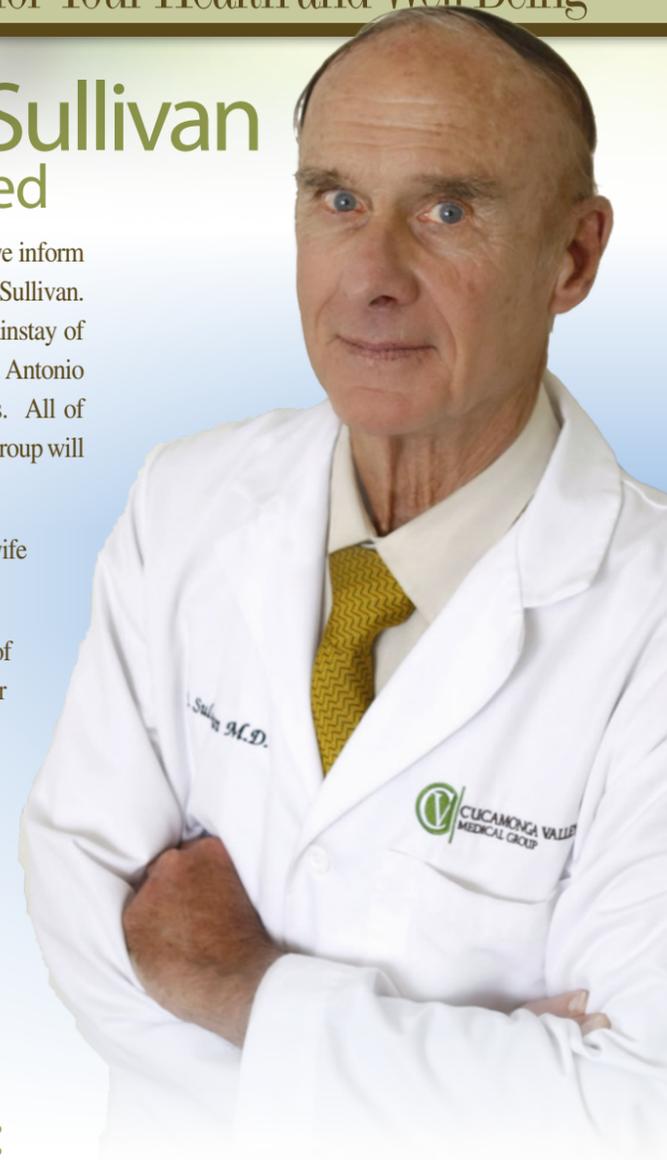
A Quarterly Newsletter from Cucamonga Valley Medical Group
News You Can Use for Your Health and Well Being

Dr. James Sullivan He Will be Missed

It is with great regret and sadness that we inform you of the untimely passing of Dr. James Sullivan. Dr. Jim, as we all knew him, was a mainstay of the medical community and staff of San Antonio Community Hospital for over 40 years. All of us here at Cucamonga Valley Medical Group will miss him tremendously.

We extend our condolences to his wife Margie, his children, and grandchildren.

We also understand that to many of you, Dr. Jim was more than just your physician, he was your friend. We want to assure all of Dr. Jim's patients that appointments are available for those of you who need to be seen immediately, at either of our offices.



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