

# healthy outlook

for women

## Strong bones for life

In many ways, your bone health is in your hands.

Many people develop osteoporosis without even realizing they are at risk. The good news: With healthy habits, most people can prevent the disease from affecting them, says the National Osteoporosis Foundation (NOF).


A number of factors can play a role in the development of osteoporosis. Deanna Yocom, Program Specialist at BroMenn Women's Center, explains that while women are generally more likely than men to get the disease, men are at risk too. Due to the decrease of estrogen, bone loss tends to speed up in women after menopause (around age 51).

Yocom suggests that a similar effect can happen to men as testosterone levels decrease, which may happen naturally with age. "By the time a man is in his mid 60s, he may be losing bone mass at a similar rate as a woman," she says. "More alarmingly, studies show that within a year after a hip fracture the mortality rates for men are almost double that of women."

The following steps can help prevent osteoporosis:

- Get enough calcium and vitamin D in your diet. Depending on your risk, your doctor may suggest supplements as well.
- Exercise. Do activities that increase bone strength, such as walking, strength training, jumping rope and climbing stairs.
- Quit smoking.

**Should I be tested?** Discuss osteoporosis with your doctor, who may recommend a bone mineral density test. <



**Check out our Bone Builders Class!**  
**Tuesdays and Thursdays,**  
**12 to 12:30 p.m. \$45**  
**New 6-week session begins June 2**  
**Benefits for all ages: better balance, stronger bones and muscles, and reduced injury risk.**



# Protecting infants at risk

Do you have questions about prenatal testing? Come have Dessert with a Doctor! See the back page calendar for details.

## *A maternal-fetal specialist's role in high-risk pregnancies*

By Michael S. Cardwell, MD,  
Board-certified in obstetrics/gynecology and  
maternal-fetal medicine

Approximately 1 in 10 pregnancies will be complicated by high-risk conditions of the mother, unborn baby or both. While obstetricians can handle routine pregnancies and certain high-risk situations, maternal-fetal medicine specialists are specially trained and experienced in managing all high-risk pregnancies.

Women who can benefit from the care of a maternal-fetal medicine specialist include those who have experienced a prior pregnancy loss or delivery of a preterm infant, women with pre-existing medical conditions that may impact the pregnancy, and women whose pregnancies are the result of fertility treatments. All of these conditions lead to a high-risk pregnancy status that may affect the health of the mother and baby.

### *Pregnancy loss*

Women who have experienced a pregnancy loss are at risk for complications in later pregnancies. In early pregnancy, pregnancy loss may be due to chromosomal abnormalities of the baby or clotting abnormalities. Some mid-trimester pregnancy losses may be due to a weak cervix. Stillborn babies in the third

trimester may be the result of problems with the placenta or decreased amount of amniotic fluid. Preterm delivery is caused by preterm labor or premature rupture of membranes. Women who have experienced preterm labor and premature membrane rupture are at increased risk of this occurring in future pregnancies.

### *Diabetes*

Diabetes complicates 5 percent of all pregnancies and makes them high-risk. Pregnant women may have pre-existing type 1 or type 2 diabetes or develop gestational diabetes. In pregnancies complicated by diabetes, the baby may be too small or too large for gestational age, depending upon the nature of the diabetic state of the mother. Birth defects are more common in women with preexisting diabetes, and babies who are large for gestational age may increase the need for cesarean delivery.

### *High blood pressure and pre-eclampsia*

Sometimes a normal pregnancy may become high-risk during the course of the pregnancy. Ultrasound examinations may reveal an abnormality in the baby, the amniotic fluid or the placenta. Routine blood testing during pregnancy may reveal an Rh incompatibility or other abnormality. The pregnant woman may develop high blood pressure or pre-eclampsia. These conditions may affect the health of both mother and baby.

Often, consultation with a maternal-fetal medicine specialist allows the obstetrician to continue to manage the patient.

However, depending on the severity of the condition, it may be necessary for a maternal-fetal medicine specialist to provide care throughout the pregnancy.

### *Fertility treatment*

Women who have undergone fertility treatment are also prone to develop high-risk pregnancies. Women may have twins and other multiples because of fertility treatments, and these pregnancies are considered high-risk due to potential complications, such as preterm labor, pre-eclampsia and increased need for cesarean delivery. Many women with fertility issues also have other conditions that may complicate the pregnancy, such as lupus, chronic hypertension or clotting abnormalities.

### *Local specialty care*

Today, women in central Illinois no longer have to travel far to see a maternal-fetal medicine specialist, which greatly simplifies care. Practically all health insurance companies allow women with high-risk pregnancies the option of seeking care directly from a maternal-fetal medicine specialist. These women should consider receiving care from a physician who is board-certified in obstetrics/gynecology and maternal-fetal medicine. ←

### **Here for you**

**Dr. Cardwell is available at 1300 Franklin Avenue, Suite 280, in Normal, IL. Call 309-452-5300 or visit [www.drmmichaelcardwell.com](http://www.drmmichaelcardwell.com).**



**Little pleasures:**  
Focus on what matters most—and the things that bring you joy.

# Finding **balance**

*Are you juggling work and home?  
Take some time for you and a more gratifying life*

**Does this describe you?** You cross off an item on your to-do list, but you can't spare even a moment to savor it. Instead, you're already tackling the next task and worrying about the 10 after that.

In short, you're overwhelmed. And who can blame you if—like so many women—you're juggling the competing responsibilities of home and work?

As a lot of us know firsthand, trying to do it all can undo us. That's why finding some balance in your life is so important.

So sit down in a comfortable spot, and consider the advice that follows.

## **First, take stock**

The first step toward a less frantic, more gratifying life is to take a hard look at the way you're living right now, says Linda Hawes Clever, MD, an occupational health specialist and a former governor of the American College of Physicians.

"Ask yourself some tough questions," she advises. "Do I really like the way I

spend my time? Am I having any fun? Am I so inundated that I'm cutting myself off from friends?"

## **Then rebalance**

If your answers signal the need for some changes, you might start with these suggestions:

■ Discover the power of *no*, both at home and work. A schedule that's crowded with too many obligations—especially those you'd rather not have—is a setup for feeling depleted.

■ Treat yourself well. "Taking care of yourself isn't selfish," says Dr. Clever. "It's an act of self-preservation."

So carve out time to do what gives you pleasure. Unwind with a book, connect with a friend or do nothing at all.

Indeed, downtime is even essential at work. Short breaks help you think more clearly and creatively, on the job and off.

Remember, too, that tending to yourself means respecting your body. Care

## **An exercise in gratitude**

Counting your blessings may seem cliché. But it turns out to be very practical—and powerful—advice if you want to feel happier.

Indeed, research shows that the very act of writing down what you're grateful for can improve your mood and make you happier.

You might call this simple little strategy changing your attitude with gratitude. Here's all you need to do:

■ Each day, for at least a week, write down three good things that happened to you.

■ Give some thought to why each good thing occurred, and write this down too.

As you're apt to discover, it's hard to be negative when you're concentrating on things that are positive.

Sources: American Psychological Association; Mental Health America

enough about yourself to eat well, get adequate sleep and exercise regularly.

■ Set limits around work. The downtime you need to recharge won't materialize if you don't establish some boundaries. You might, for instance, make it a point to never answer e-mail after 8 p.m.

■ Pass it on. Don't shy away from delegating, whether that means handing off work to a co-worker or asking someone else to do the laundry at home.

## **Now thrive**

A more balanced life is within your grasp—as long as you're willing to reach for it. ←

## **Women Taking Care Luncheon**

**Tuesday, June 2**

**Noon to 1 p.m.**

**\$12**

**Call 877-270-4968 for reservations.**

BroMenn Women's Center invites you to connect with other women, relax, dine and learn about the benefits of massage for your mind, body and spirit.

Join Janet Staggs, LMT, from Massage by Janet, as she gives tips for soothing yourself with massage. Learn to massage your arms, hands, feet and neck.

# Healthy guys

## 3 steps every man can take toward better health

When it comes to health concerns, being proactive isn't necessarily high on the list of many men, according to a survey conducted by the American Academy of Family Physicians (AAFP).

For example, more than one in four of the men surveyed said they wait "as long as possible" before seeking help when they feel sick, are in pain or are concerned about their health. And more than half of the men said they had not seen their primary care physicians for physical exams within the past year.

The survey demonstrated that one of the biggest obstacles to improving the health of men is men themselves, says Rick Kellerman, MD, of the AAFP. "They don't make their health a priority."

"Traditionally, a man is motivated to see his physician when encouraged by the women in his life," adds Juliana R. Kaminski, DO, Family Medicine Physician of Sugar Creek Medical Associates in Normal. "This motivation predominantly falls to his wife. Statistics prove continually that married men live longer and are healthier than unmarried men. They see their physicians more regularly and are more likely to seek and follow through on preventive health measures. Sadly, the U.S. Census Bureau still reports a staggering number: The average age of an American widow is 55 years old!"

Since many health problems—including heart disease, diabetes and cancer—are most treatable when caught early, this type of avoidance can have serious consequences.

### Take charge today

Ready to take control of your health? Here's a three-step plan with advice from the Men's Health Network.

**1. Get to know a doctor.** It's up to you to initiate the relationship:

■ Find a doctor before you need one. Make an appointment for a physical. Talk about any concerns you have, such as a family history of cancer or heart disease.

■ Be honest about your habits, such as whether you smoke, how you eat and how often you exercise. Your doctor needs this information to give the best care possible.

■ Have checkups as often as your doctor recommends.

■ When something hurts or just doesn't feel right, call the doctor. Again, early detection of many problems can help you get treatment before the situation worsens.

■ Ask questions if there's something you don't understand.

*Deal with it now—ignoring your health concerns could spell trouble down the road.*

**2. Get the scoop on screenings.** Talk to your doctor about scheduling screening tests. How often you need them may vary, depending on your age, family medical history and other factors.

Among other things, testing is commonly recommended for high blood pressure, cholesterol, diabetes, colorectal cancer and sexually transmitted diseases.

You can also do self-exams for some conditions, such as testicular cancer and skin cancer.

Ask your doctor if you have questions about these or other screenings.

**3. Play defense.** Vaccines can prevent a serious illness or reduce its severity. Ask your doctor if you need (among others):

■ A booster shot for whooping cough, diphtheria and tetanus.

■ An annual flu shot.

■ A shot for pneumonia.

### The bottom line

"We have seen such positive results in women's health statistics in the last several



decades because of the health culture regarding women's issues," Kaminski says. "Our culture encourages women to be healthy—mammograms to screen for breast cancer, prevention of heart disease and osteoporosis—the list goes on. In this era it is not culturally correct for a woman to ignore her health."

Kaminski feels strongly about this issue. "I want to see a similar movement in men's health issues," she says. "Our media outlets, government programs, private sectors and health care professionals need to aggressively support a cultural shift to encourage and promote the health of men." ←

## Healthy habits

If you're like a lot of men, you might feel too busy to take on a major lifestyle overhaul. But if you make changes gradually, you can turn healthy actions into your daily routine.

**Take stock of steak.** Red meat doesn't have to disappear from your plate—just give it the right amount of space. Fill most of your plate with fruits, veggies and whole-grain foods.

**Go fish.** Substitute fish for meat twice a week, or dine on protein-rich legumes, such as in a bean soup or black bean burrito.

**Wear a milk mustache.** Low-fat dairy products can be a part of your healthy diet—and may even help lower your blood pressure.

**Break out of the pack.** When office buddies take a coffee break, get moving. Walking or jogging for 15 minutes two to three times a day is one way to work in regular exercise.

**Do the right thing.** Be habitual about sunscreen, safety belts, helmets and handwashing.

**Bag the belly.** Keep an eye on your waistline—letting out your belt another notch every year can mean you're headed toward health troubles.

## Men's screening test checklist

Since some diseases are easier to treat, and have no symptoms, in their earlier stages, screening tests are a vital part of a man's health care regimen. Below are some recommendations from BroMenn Healthcare. Talk to your doctor about which tests you should undergo and how often. Bring this checklist to the June 20 men's health screening. See page 8 for details.

CHECK	TEST	QUESTIONS FOR THE DOCTOR
	Height/weight	
	Total cholesterol: HDL (good), LDL (bad), triglycerides	
	Blood pressure	
	Bone density (heel screening)	
	Blood glucose (diabetes)	
	Colorectal cancer*	
	Pulmonary function test	
	Vision/glaucoma	
	Sexually transmitted infections/HIV*	
	Prostate-specific antigen (PSA)—talk to your doctor to find out if this test is right for you	

\*Not offered at the screening, but recommended. Discuss with your doctor.

Clip and save



See the  
back page  
calendar  
for more.

## Class series: Jumpstart His Health

6 to 7:30 p.m., each class  
is \$10 per person or  
\$15 per couple

When it comes to health, women are in the driver's seat, making nearly 85 percent of the family's medical decisions. Join the BroMenn Women's Center with this special Men's Health Series.

### ■ "General Maintenance: What You Need to Know"

Tuesday, June 9

How many miles has it been since your last checkup? Attend this session to receive an overview of many men's health issues; what's normal, what's not, and when to visit to the doctor. Presented by Juliana Kaminski, DO, Sugar Creek Medical Associates.

### ■ "Keeping Your Emotional Engine Turbo-Charged!"

Wednesday, June 24

If you feel that your moods may be affecting your work or relationships, join us. The seminar will help identify the signs and symptoms of depression and provide information on how to treat depression and improve your quality of life. Presented by Kevin Krippner, PhD, licensed clinical psychologist, Twin Cities Behavioral Health.

### ■ "Is the Rumble Ruining Your Sleep?" Snoring and Sleep Issues

Thursday, July 9

If you are having trouble sleeping, feeling tired in the morning or snoring, this presentation is for you. Gain a better understanding of both the effects sleep disturbance has on your health and the larger health concerns that may be at the root of the problem. Presented by David Koh, MD, pulmonologist, Illinois Heart & Lung Association.

### ■ "Checking the Fuel Lines: Men and Cardiovascular Health"

Thursday, July 23

One in three adult men has some form of cardiovascular disease. Attend this class and learn more about risk factors, symptoms and prevention. Also gain understanding of how cardiovascular health affects overall health. Presented by Kim Crutcher, RN, BroMenn Cardio-pulmonary Rehabilitation.

### ■ "Preventing Body Damage: Information on Skin, Colon, and Prostate Cancers"

Thursday, August 6

Join in a discussion about some of the leading cancers seen in men. Learn the signs, symptoms, and some helpful tips for preventing these cancers. Presented by Don Stacy, MD, radiation oncologist, Community Cancer Center.



## Kids and sports: When weight control gets out of control

Young athletes often feel the need to lose or gain weight for a chosen sport.

As a parent, you'll want to make sure your child manages his or her weight in a safe manner and avoids unhealthy weight-control practices.

Losing or gaining weight in an unhealthy manner can increase a young athlete's risk for serious health problems now and later in life, says Andrea Kane, MD, pediatrician with Sugar Creek Medical Associates. These problems include heart disease, diabetes, high blood pressure, bone weakness and puberty issues.

### Know the signs

There are signs that could indicate there's a problem:

- Excessive concern with body size.
- Preoccupation with food, diets and weight loss.
- Significant or rapid weight loss.

- Frequent injury or illness.
- Avoidance of particular foods or food groups.
- Use of laxatives, diuretics, diet pills or stimulants.
- Excessive exercise—beyond normal training requirements.

Dr. Kane also suggests watching for changes in menstrual periods as well as frequent bathroom usage after eating in order to induce vomiting. These too can be warning signs:

- Decreased speed, endurance and agility.
- Rapid weight increase.
- Overeating unhealthy foods.

If you suspect that your child is engaged in unhealthy weight-control practices, it's time for a talk. Explain the potential health consequences. If you or your child needs additional help, consider consulting your child's doctor or a dietitian.

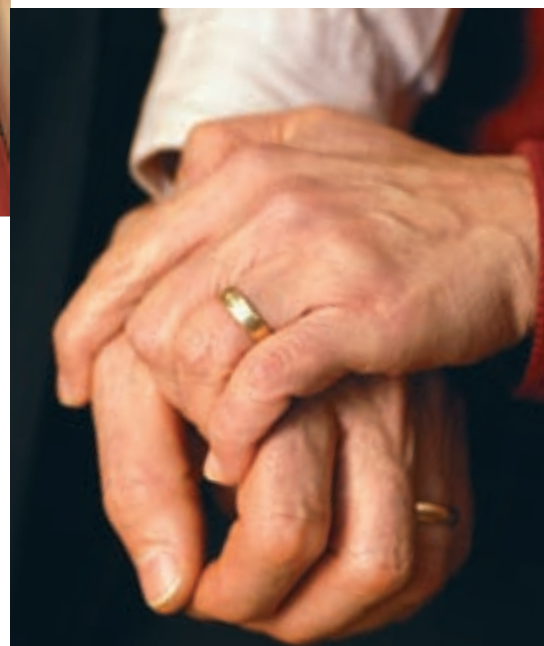
## Giving a lift to those with heart disease

Many people with heart disease would benefit from a moderate weight-training program, according to the American Heart Association (AHA).

Weight training, also called resistance training, helps build muscle, increase strength and bone density, improve coordination, and control body weight. It can also improve quality of life and help people remain independent. Weight machines and free weights are popular ways to build muscle and strength, but resistance training also can involve calisthenics, elastic cords or other alternatives.

The AHA recommends a safe, monitored program—and that you talk to your doctor about whether this would be good therapy for you.

But when it comes to a healthy heart, strength training should complement, not replace, aerobic activities. Chris Carr, exercise physiologist in Cardiac/Pulmonary Rehab at BroMenn Healthcare says, "Through my experience, having a well-balanced exercise routine of both aerobic exercise and safe resistance training has improved the quality of life and confidence for patients suffering from heart disease."



## Erectile dysfunction: What's causing it?

Even if you watch TV only occasionally, you may have seen commercials about erectile dysfunction (ED) and the medicines available to treat it.

ED occurs when a man is unable to have or sustain an erection. Many couples may not know that ED is often a symptom of other health problems that can and should be treated.

Possible causes include high blood pressure, high cholesterol and diabetes. Alcohol or drug abuse, smoking, overeating, or lack of exercise may also contribute to ED.

Scott Morgan, MD, of UroHealth Institute, in Normal, suggests that weight loss, exercise and quitting smoking can help.

**Getting help.** Talk to your doctor if you are concerned about your sexual health. If you or your partner has ED, a doctor can help determine if there is an underlying cause and can help find the best treatment.

Join Dr. Morgan in a discussion about men's urological health at Dessert With the Doctor on May 28 (see the back page).

Also, check out the Men's Health info class series on page 5.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

# Learning how to recognize true **hunger** vs. emotional eating

By Amy Zacharias, MD

In today's diet-crazed society, people have lost track of what they should do to maintain a healthy weight. Eat more protein? Eat fewer carbohydrates? Eat more fiber? Eat less overall? Diets fail 95 percent of the time, so dieting is not the answer.

Poor lifestyle choices are linked to diabetes, cardiovascular disease and possibly some types of cancer. People wanting to make a positive change are bombarded with fad diets that may do more harm than good, dubious over-the-counter preparations and misinformation.

Another option is the "Am I Hungry?" program. This is a nonmedical program that is created by a physician (Michelle May, MD) and led by a physician (myself) and can provide the support people need to make positive changes in their lifestyle and improve their health.

The "Am I Hungry?" program is not a diet but an educational program that teaches people about nutrition, fitness and their natural hunger cues. No medication or over-the-counter concoctions are part of the program.

As people take part in this eight-week program (weekly one-hour sessions), they receive tools they need to live a satisfied, active and healthy life. In small groups of 10 to 15 people, and with additional online support, people can learn how to stop exercising to "earn" food, stop punishing themselves for eating, boost their metabolism, and increase energy and fitness levels.

Key to the "Am I Hungry?" program is teaching people how to eat with *intention* (how to know when your body needs fuel) and with *attention* (being



**Use your head:** Learn to eat with intention and with attention. Join Dr. Zacharias April 21 for an overview of the "Am I Hungry?" program. See page 8 for details.



**Amy Zacharias, MD**

aware of how much you eat, what you eat and when you are full). While it may sound like common sense to eat when you are hungry and stop when you are full, it can actually be a hard behavior to practice. In our culture, eating has become mindless, social and emotional.

Instead of eating because we are hungry, we do so as an activity to share with others, as a habit or to help us fill an emotional need. While this program places great emphasis on paying attention to hunger, it is neither a diet nor is it restrictive. I explain the nutritional value of food and its affect on your body.

I teach participants to be aware of what they eat and how food makes them feel. For example, if you're a fan of high-fat, fast-food cheeseburgers, it's unrealistic to say that you must live a cheeseburger-free life. But people should know why and

## Does it work?

This program has been shown to have long-term weight loss results—and the secret to its success is no secret.

Cultures known for having healthy populations, such as France, have always embraced these core principles. They eat fresh, satisfying food but they watch proportions and savor each bite.

This, coupled with their propensity for physical fitness, has kept their waistlines small and their lifelines long.

when they crave a particular food. The program teaches people that it's OK to splurge—once in a while—just don't eat certain foods frequently, and avoid supersizing meals.

"Am I Hungry?" participants also learn how to get moving. The program emphasizes incorporating fitness into a daily routine. ←

*Amy Zacharias, MD, is a board-certified family practice physician and member of BroMenn Medical Group. She is part of The Integrative Health for Women practice in Normal.*

**For information about this program call 309-268-2667 or visit [www.BroMenn.org](http://www.BroMenn.org).**

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## take time for **your health**

### Enrich your life with **Women's Center Events**

*Take advantage of these opportunities from BroMenn Women's Center to improve and preserve your health and the health of those you love.*

For registration and information, call  
**877-270-4YOU (4968)**



### *Special Events*

#### **Dessert With the Doctor**

**6:30 to 8 p.m., free**

Seating is limited.

#### ■ "Men & Urological Health" Thursday, May 28

Bring the men in your life to join Scott Morgan, MD, urologist at Urohealth Institute, for an overview of common urological issues, such as urinary incontinence, kidney stones, erectile dysfunction and prostate disorders.

#### ■ "Why Prenatal Tests?"

Thursday, July 30

Michael Cardwell, MD, will discuss routine tests for normal pregnancies and what further evaluation is needed if a test result comes back abnormal. Also to be addressed: prenatal genetic testing, last-trimester testing for gestational diabetes, and fetal well-being.

#### **Women Taking Care Luncheons**

**A Massage for You!**

Tuesday, June 2

**Noon to 1 p.m., \$12**

Presented by Janet Staggs, LMT, from Massage by Janet  
See page 3 for details.

#### **Brown Bag Session With a Pharmacist**

Monday, April 27

**5:15 to 8:00 p.m., free**

Bring your medicines and supplements along with your questions for a one-on-one, 10-minute evaluation with a BroMenn Pharmacist. Appointments are required.

#### **Connections: Book Club for Women**

Saturdays, May 23 and  
July 18

**9 to 10:30 a.m., free**

Explore books related to women's interests. Call to register and for the current book title.

#### **Girl Talk**

Friday, June 5

**5 to 8:30 p.m., \$20 per  
mother/daughter pair; \$5  
for second daughter**

Moms and their daughters  
ages 9 to 12 are invited to

join us for this special evening! You will enjoy dinner, have fun and hear experts on healthy skin, healthy body image, physical and emotional changes during puberty and safety on the internet.

### *Classes*

#### **"Am I Hungry?"**

#### **Program overview**

Tuesday, April 21

**7 to 8 p.m. Free**

Join Amy Zacharias, MD, for an overview of an eight-week, nonmedical weight management program to help you stop obsessing about food and weight so you can live the life you deserve. Seating is limited, so call for your spot.

#### **Class Series: Jumpstart His Health**

6 to 7:30 p.m.

Each class is **\$10 per person**  
or **\$15 per couple**

See page 5 for class  
descriptions.

■ "General Maintenance:  
What You Need to Know"

Tuesday, June 9

■ "Keeping Your Emotional  
Engine Turbo-Charged!"

Wednesday, June 24

■ "Is the Rumble Ruining  
Your Sleep?"

Snoring and Sleep Issues

Thursday, July 9

■ "Checking the Fuel Lines:  
Men and Cardiovascular  
Health"

Thursday, July 23

■ "Preventing Body Damage:  
Information on Skin, Colon,  
and Prostate Cancers"

Thursday, August 6

### *Screenings*

#### **Bone Density Heel Scans**

**Monday, May 11, 7 to 9 a.m.**  
or **3 to 5 p.m. Free**

Call for an appointment.

### *Exercise*

#### **Bone Builders Class**

See page 1 for details.

### *Support Groups*

#### **The Hannah Group**

This group supports women  
struggling with infertility.  
Call **309-268-2661** for more  
information.

### **Men's health screening**

#### **"Are You Firing on All Cylinders?"**

Saturday, June 20, 7 to 9 a.m.

Join us for this men's only event, featuring free health screenings for cholesterol, glucose, blood pressure, bone density, pulmonary function testing, and vision and glaucoma. Prostate cancer screening (PSA blood test) will also be available for a fee of \$32.50. Continental breakfast will be served. Appointments are required.

#### **"Reading Your Gages: Evaluating Your Test & Screening Results"**

7:30, 8:00 or 8:30 a.m.

Attend one of these sessions and leave with a better understanding of your test results. Presented by Graduate Medical Physicians, BroMenn.