

Lewis & Clark Specialty Hospital Announces Accreditation For MRI, CT

Lewis & Clark Specialty Hospital has recently become accredited with the American College of Radiology for both MRI as well as CT.

The MRI Accreditation Program evaluates the qualifications of personnel, the quality control program, MRI Safety Policies and image quality specific to MRI. It involves the acquisition of patient and phantom images and corresponding data for each unit. The acquisition of the phantom images involves the use of a designated MRI phantom appropriate to the unit or module listed on the application. Every unit used to produce diagnostic clinical images for patients must successfully pass accreditation testing for the facility to be accredited.

The CT Accreditation Program involves the acquisition of patient and phantom images, radiation dose measurements, and the submission of scanning protocols. Every unit used to produce diagnostic clinical images for patients must successfully pass accreditation testing for the facility to be accredited. Every unit must apply for all modules routinely performed on that unit for a facility to be accredited.

Lewis & Clark offers a vast array of imaging services including: the areas only High Field Open MRI, a multi-slice CT, High Resolution Digital Ultrasound, Nuclear Medicine and general X-ray procedures. Whatever your imaging needs require, we are equipped to help you get diagnosed quickly. Looking deeper, seeing clearer, Lewis & Clark Specialty Hospital, see the difference!

Protect Your Skin From the Worst Weather Has To Offer

(MS) -- Regardless of what season it is, skin seems to bear the brunt of weather's wrath. Whether it's the sun beating down in the dog days of summer or the wind whipping around and causing skin to crack when the weather starts to turn cold, skin is never fully safe from the elements.

Each season poses its own unique challenges to skin, and this year figures to be no different. With fall and winter on the horizon, it's important for men and women to practice proper skin care in an effort to protect themselves from dry skin, which can be irritating and unsightly. Though an extra layer of clothing might hide dry, flakey skin from view, it won't do much to relieve the irritation and damage that result from severely dry skin. This fall and winter, consider the following tips to help the skin survive the woes of winter.

- Take quick, temperate showers. It might feel good to get in from the cold and take a hot bath or shower, but this actually breaks down lipid barriers in the skin, potentially robbing the skin of moisture. In lieu of a long, steamy bath or shower, take a quick shower in warm water.
- Moisturize every day.



Harsh weather can take its toll on the skin, especially for those who work with their hands. But a solution like O'Keeffe's Working Hands can restore even the most damaged skin in a matter of days.

Moisturizers are designed to relieve dry skin irritation, particularly on those areas of the body that are troublesome during the winter months. Look for creams that contain water and glycerin that will help to draw moisture into the skin and stimulate the body's natural repair process. Moisturizers that are non-greasy, non-oil based and fragrance free tend to work the best to repair dry skin. Oil-based creams will actually repel water that would otherwise hydrate the skin causing fur-

ther damage.

Men and women should also make moisturizing a part of their nightly routine before going to bed. Skin temperatures rise during sleep, resulting in increased circulation and healing, so be sure to moisturize each night before going to bed.

• Continue to protect skin from the sun. The sun is just as strong in winter as it is during the summer, and winter sun can do significant damage to unprotected skin, especially when winter sun

combines with snow glare. Use a moisturizer with SPF throughout the winter, and apply it to both hands and face roughly 30 minutes before going outside.

• Wear a winter wardrobe. Protective clothing like gloves, scarves and thick socks not only keep us warm through the winter, they also keep skin safe as well. Strong winter winds and below freezing temperatures can damage the skin significantly, so bundle up when going outdoors. And be sure to avoid wet socks and gloves, which can irritate the skin and cause itching and cracking, and might even result in the formation of sores.

• Stay hydrated. Staying hydrated is another skin care pointer people primarily, and incorrectly, associate with summer. But staying hydrated is just as important in the winter as it is during the summer. Staying hydrated is important for overall health. Men and women who enjoy caffeinated beverages like coffee and soda should know that caffeine is a diuretic that draws water out of the skin. So be sure to counter caffeine consumption by drinking plenty of water.

Clinical Trials Could Offer New Opportunities To Fight Ovarian Cancer

(ARA) - The medical field makes great advances every day, but many persistent problems have yet to be solved. Cancer is among the most challenging issues that medical researchers face, but the resolve to save lives and find a solution is stronger than ever.

The driving force behind that resolve is the fact that cancer is still widespread and often fatal. Ovarian cancer, for instance, affects an estimated 21,000 women and causes more than 14,000 deaths every year in the U.S., and as many as 125,000 deaths around the world. That makes it the most deadly cancer of the female reproductive system and the fifth-leading cause of cancer-related death in American women.

One of the most challenging aspects of ovarian cancer is that it is most commonly diagnosed when it is already in advanced stages. Few symptoms occur at early stages, and combined with a lack of effective screening tests, it means that nascent ovarian cancer is not noticed. Surgery and chemotherapy can be used to treat the disease once it's been diagnosed, but there is a high risk of women developing new, fatal tumors after the initial treatment.

While the effort to find a cure or a preventive for ovarian and other cancers is still ongoing, glimmers of hope occasionally emerge in the form of new advances in treatment, experimental tests and research breakthroughs. Because the incidence and mortality rates for ovarian cancer have remained steady over the last decade, new possibilities in treating it are noteworthy.

For those who have been diagnosed with the disease, every potential solution is worth exploring. While traditional therapies are a certainty, trying new and experimental procedures or treatments is often viewed as another chance at beating the disease.

Those experimental treatments are often carried out in clinical trials that put emerging therapies to the test, under the scrutiny of the U.S. Food and Drug Administration (FDA). For those who have had surgery and chemotherapy to treat ovarian cancer, upcoming trials in the U.S. will be conducted for a vaccine called DPX-Survivac. Potential participants are screened for their eligibility to participate in the trials, which will test the safety and effectiveness of the vaccine, and its ability to bring about an immune response.

While not all cancer diagnoses are fatal, the number of people afflicted with the disease demands that new solutions continue to be explored. For those who have been diagnosed, the opportunity to participate in clinical trials offers yet another opportunity to make headway in their battle against the disease. For more information about these clinical trials visit www.clinicaltrials.gov.

Tips For Feeling Your Best During The Holidays

(ARA) - From the moment your alarm clock rings, the race is on. It's a rush to get ready, a hurry to get to work and a hectic day at the office, all before the evening introduces its own laundry list of tasks. It can feel difficult -- if not impossible -- to find time to care for yourself in the daily hustle and bustle, particularly during the holiday season. But at the same time, everyone wants to look good, feel good and be healthy.

There's truth in the idea that sometimes you need to put yourself first. Looking good and feeling good often go hand in hand, and being healthy follows closely afterward. "By taking the time to tend to yourself, you'll actually be doing a favor to your already busy schedule," says Boston area dermatologist Dr. Jeffrey Dover. "Incorporating self-preserving and time efficient activities into your everyday routine can keep you healthy both physically and mentally, which ultimately promotes an energetic lifestyle."

Try working these tips into your day, during the holidays and into the new year, to help maintain your look and support your lifestyle.

- Take the extra steps. While there is increasing concern about

people living sedentary lifestyles, you can beat the trend. It's easy to make your day more active, and little things all add up in terms of calories burned and muscles used. Let the elevator doors close and opt for the stairs.

• Consider new ways to keep your shape. Sometimes, a healthy exercise regimen, whether it's a yoga practice, dedicated visits to the gym or going for morning jogs, doesn't get all the work done. Even those who have a healthy lifestyle still find themselves fighting pesky muffin tops and spare tires, especially in the face of tempting holiday buffets filled with rich foods.

• Simplify your get-ready routine. If your medicine cabinet and counter are overfilled with products, it's likely your schedule is, too. For both men and women, clearing out the drawers and cabinets in the bathroom can make things easier to find, but replacing multiple products with those that do double duty will also help cut down on time. The right haircut - one that requires a minimum of product, time and fuss - can make a difference for men and women alike, so let your stylist know that you want something low-maintenance. And just as a crowded bathroom counter can

slow you down, so can a packed closet.

• Make your menu work. It's easy to rely on fast food that doesn't really do much for your well-being. Switching your menu options to include whole and minimally-processed foods can not only help you keep your shape, but can also have health-boosting powers. That's not to say that you have to cut out your favorites - just strike a balance that brings in more healthy foods that are richer in nutrients and which will support your fitness and health goals.

Finding ways to put more emphasis on looking and feeling great might seem like too big a challenge to tackle. But with incremental adjustments to your lifestyle, like streamlining your everyday schedule and body sculpting, you might find yourself living better than ever before.

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