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It has happened to many of us. Someone we love and cheered is diagnosed with cancer. Many families go through this.

Many lawyers brag about themselves in their newsletter. But we wanted to give our clients and friends information. Cancer awareness, screening and prevention can save lives – and the information is out there.

Information is power – use it. Get the facts. Talk to your doctor. Be a health care advocate for yourself and your family.

Thank you to our many loyal clients who refer their friends, family and co-workers who have been hurt. We're always here to help.

Keith and Frank

KEY RECOMMENDATIONS FOR A HEALTHIER LIFESTYLE

- Eat a sufficient amount of fruits and vegetables. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Drink 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Source: Dietary Guidelines for Americans 2005, USDA

Prostate Cancer

“prostate healthy = heart healthy = life healthy”

Origins

Occurs when the cells of the prostate begin to grow uncontrollably.

Detection

The purpose of screening for cancer is to detect the cancer at its earliest stages, before any symptoms have developed.

Screening for prostate cancer can be performed quickly and easily in a physician's office using two tests: the PSA (prostate-specific antigen) blood test, and the digital rectal exam (DRE).

The American Cancer Society recommends that both the PSA and DRE should be offered annually, beginning at age 50, to men who have at least a 10-year life expectancy. Although the DRE and PSA tests cannot diagnose prostate cancer, they can signal the need for a biopsy to examine the prostate cells and determine whether they are cancerous.

Men at high risk, such as African American men and men with a strong family history of one or more first-degree relatives diagnosed at an early age, should begin testing at age 45.

Source: *Prostate Cancer Foundation*
<http://www.prostatecancerfoundation.org/>

Memorial Day



It should be every day. Keith's brother LTC Patrick Donahoe is serving in Iraq. And Client Robert Carmon has been deployed overseas. Keep them and all of our service members in your thoughts and prayers.

God Bless America!

Breast Cancer

Origins

A woman's breast is made up of glands that make breast milk (lobules), ducts (small tubes that connect lobules to the nipple), fatty and connective tissue, blood vessels, and lymph (pronounced limf) vessels. Most breast cancers begin in the ducts (ductal carcinoma), some begin in the lobules (lobular carcinoma), and the rest in other tissues.

Detection

The American Cancer Society recommends the following guidelines for finding breast cancer early in women without symptoms:

Mammogram: Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

Clinical breast exam: Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, preferably every 3 years. After age 40, women should have a breast exam by a health expert every year.

Breast awareness and breast self-exam (BSE): BSE is an option for women starting in their 20s. If you decide to do BSE, you should have your doctor or nurse check your method to make sure you are doing it right.

The most important thing is to see your doctor right away if you notice any of these changes: a lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

Source: *American Cancer Society*
<http://www.cancer.org/>

Pink Baseball Bats?

Major Leaguers, including several Nationals, used pink bats and wore pink wrist bands on Mother's Day to promote breast cancer awareness and raise money for the Susan G. Komen Breast Cancer Foundation.