

Resolutions: How to Keep Them



At this time of year, we set New Year's Resolutions to improve ourselves, and usually by February 1st we have abandoned most of them. A great website called [The Happiness Project](#) has some wonderful ideas about making—and keeping—meaningful resolutions. The website was created by best-selling author Gretchen Rubin, who spent a year

trying to be happier. Here is her list of strategies for keeping your resolutions:

1. **Be Specific.** “Lose weight” is too broad; “lose 5 pounds by February 10th” is specific.
2. **Write It Down.**
3. **Review It Constantly.** Keep it where you can see it on a regular basis.
4. **Be Accountable.** Tell people about your goal, join a group of like-minded individuals, or keep a journal. This will help you monitor your progress.
5. **Ask For Help.** Many of your loved ones or friends would love to help you succeed, and so would we. Don't be afraid to ask.
6. **Make a Resolution that is Done Everyday.** Sometimes daily changes are easier than occasional changes.
7. **Set a Deadline.**
8. **“Don't let the perfect be the enemy of the good.”** -Voltaire. So what if you can't run 20 miles today, work on walking a mile. And if you fail today, you still have tomorrow.
9. **Pick One Resolution a Month.** By working on one resolution at a time, you can increase your chances of succeeding.
10. **Give Up One Resolution.** If “becoming a marathon runner” has been on your list for 5-10 years, it may be time to just give it up and work on something closer to your heart.

Check out [The Happiness Project](#). You will find all kinds of tips about how to make your life happier and simpler.

Should you have a screening PSA test?

Should you have your PSA (prostate specific antigen) level checked? Recent news reports and a recent recommendation by the US Preventative Task Force (USPTF) NOT to routinely evaluate PSA levels have left many men questioning whether they should have this blood test done annually.

PSA is a protein that is produced by the prostate gland, and the test measures how much PSA is in the blood. Typically, men have a low level of PSA in their blood, but cancer, benign conditions like an infection of the prostate, and normal age-related growth of the prostate can increase this level.

There are several reasons why PSA screening is controversial. The first question that scientists would like to

answer is whether screening actually decreases deaths due to prostate cancer. The U.S. Preventative Task Force examined many recent prostate cancer studies and concluded that while the PSA test did detect prostate cancer, there was little difference in prostate cancer death rates between those who were screened annually and those who were not.

Another concern with PSA screening is the risk of false positive results. A false positive is a result that incorrectly indicates cancer is present. For example, your PSA test may be elevated, suggesting cancer is present, and you are then referred for a biopsy of the prostate and the pathology results turn out to be negative for cancer. The anxiety, money and potential side effects from the biopsy may not outweigh the benefits according to USPTF's research.

The final concern about PSA testing according to USPTF involves the nature of prostate cancer and the treatments for it. Prostate cancer is a slow growing and usually a non-life threatening cancer. Most men usually die WITH prostate cancer, not FROM prostate cancer. The treatments for prostate cancer are very invasive and have serious complications and side effects that can affect quality of life for most men. For these reasons it is important to discuss with us the benefits and risks for you at your next office visit. If you are signed up on our patient portal, you can find more information on the Healthwise Knowledgebase.

Here is the link to USPTF: <http://www.uspreventiveservicestaskforce.org/uspstf/uspsprca.htm>

Same Day Appointments

We are honored to be your medical home and are committed to providing accessible, high quality, personalized medical care for you and your family. Every day we keep openings in our schedule for urgent and emergent medical appointments due to illness or injuries. We invite and encourage you to call our office for non-life threatening medical problems. Your concern will be swiftly communicated to our nurse, and you will be quickly called back and scheduled for an office visit without excess waiting room time.

Know Your Normal Numbers

Blood pressure	129/80 or less
Total Cholesterol	200 or less
LDL Cholesterol (Lousy cholesterol)	< 100
HDL Cholesterol (Good Cholesterol)	>35 ♂ > 45 ♀
Vitamin D	> 50
Waist Circumference (inches)	< 40 ♂ < 35 ♀
BMI (Body Mass Index)	18.5- 24.9

Dedicated appointment times for urgent same day illnesses and injuries

Patient Portal and Healthwise Knowledgebase

We are now offering Patient Portal to all of our patients. This is a FREE service that allows you to track your medical record on-line through a secure website. You can request medication refills and appointments, ask questions of our staff, check your labs and receive informative e-mails from us.

The newest benefit of the Portal is access to a **great** patient education website called Healthwise Knowledgebase. Healthwise is an interactive website that is only available through our Patient Portal. You can search virtually any medical topic, or medication and find answers to most of your questions. You can also use their "Symptom Checker," which can help you assess whether you need to be seen now or within the next couple of days. There is also

information about health prevention topics to help you and your family stay healthy and active.

If you are interested in Patient Portal, call us today on our dedicated Patient Portal phone line: 208-571-6546. You can also find our Patient Portal agreement on our website under "Other Forms." This form gives you more information about our policy and procedures concerning the Portal.

www.centerforlifetimehealth.com