

Health Highlights
Endometriosis and ovarian cancer

ANCHOR INTRO

TIPS ON LIVING WITH ENDOMETRIOSIS –
AND NEWS THAT CANCER CASES ARE UP IN YOUNGER PEOPLE.
TIM DITMAN HAS THESE STORIES – IN TODAY’S HEALTH HIGHLIGHTS.

TIM TRACK STORY 1: ENDOMETRIOSIS

<<< CELEBRITIES HAVE BEEN DRAWING ATTENTION TO ENDOMETRIOSIS... WHEN THE TISSUE SIMILAR TO THE LINING OF THE UTERUS... IS FOUND OUTSIDE OF THE UTERUS. THE OFTEN PAINFUL CONDITION CAN CAUSE BLEEDING... PELVIC PAIN... AND SCARRING.
DR. VANESSA FOSTER – AN OB-GYN WITH OSF HEALTHCARE – SAYS YOU DON’T WANT TO IGNORE THE PAIN.

Dr. Vanessa Foster SOT – (Can cause infertility) “Endometriosis affects 5-10% of reproductive age women, and about a third of them will have infertility problems associated with the endometriosis.” (:12)

VO TAG

DR. FOSTER SAYS ENDOMETRIOSIS CAN ONLY BE DIAGNOSED SURGICALLY. SHE RECOMMENDS KEEPING A JOURNAL OF THE PAIN CYCLE AND SCHEDULING AN APPOINTMENT WITH YOUR O-B-G-Y-N TO DISCUSS TREATMENT OPTIONS.)>>

STORY 2: MORE CANCER IN YOUNGER PEOPLE

TIM TRACK <<< AGE ISN’T JUST A NUMBER WHEN IT COMES TO CANCER. AND THE NUMBER OF YOUNGER AMERICANS GETTING CANCER IS GOING UP – ACCORDING TO A RECENT JAMA STUDY... FROM 2010 TO 2019 – THERE WERE MORE THAN 500-THOUSAND CASES OF EARLY-ONSET CANCER... OR CANCERS DIAGNOSED IN THOSE UNDER 50. BREAST... GASTROINTESTINAL... AND CANCERS OF THE URINARY AND FEMALE REPRODUCTIVE SYSTEMS... WERE SOME OF THE MOST COMMON.

TO LOWER YOUR OVERALL CANCER RISK... MAINTAIN A HEALTHY WEIGHT... EXERCISE... LIMIT EATING PROCESSED FOODS... AND DON’T SMOKE. YOU SHOULD ALSO HAVE CONVERSATIONS WITH YOUR PHYSICIAN ABOUT YOUR HEALTH AND GET REGULAR SCREENINGS.

FOR THESE STORIES AND MORE – HEAD TO NEWSROOM-DOT-OSFHEALTHCARE-DOT-ORG.
WITH TODAY’S HEALTH HIGHLIGHTS – I’M TIM DITMAN >>)