

# The Medical Roundup

by *Walter Alvarez*

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## Early Detection of Cancer

One of the sad features of a doctor's life is the frequent sight of some nice person coming into the office with an incurable cancer—one which could have been cured so easily if the person had only come in, perhaps a year before, when the symptoms first appeared. Oftentimes, even with all the educational efforts of the Cancer Society, which is now conducting a drive, the person did not recognize the danger signal when it came. In other cases the person saw his danger but did nothing about it. Recently, I saw an intelligent woman with one breast so full of cancer it was as big as a basket ball. A year or two ago she found a small lump in the breast but was too scared to do anything. Later, when it was too late even to operate, she came to me.

Let everyone remember that cancer can be cured if only it is found when still localized. After it has scattered all over the body, there seldom is much chance of a cure. So often, even yet, cancer is not thought of seriously until the person is thin, weak, anemic, or jaundiced. Usually by then, he or she is in the last stages of the disease, when nothing can be done. The tumor has scattered. Let us all remember that the great danger from cancer in adults come after the age of 40. A girl of 20 with constipation need not worry much, but her grandmother, who gets badly constipated for the first time at the age of 65 or so may well have a cancer in the lower bowel or at the outlet of her stomach.

## Daughter Growth

All older persons should worry when they find a lump somewhere—one that was not there before. Sometimes the lump will be what is called a metastasis or a daughter growth from the primary cancer somewhere else. For instance, one day while shaving, a man found a lump under the skin of his neck. A biopsy (microscopic examination of a bit of the gland that was removed surgically) showed cancer of a type that probably came from the back of the nose. After much search the main cancer was found near where the experts had expected to locate it.

Another danger signal is a sore or scab on the skin, often of the face a sore which does not heal, or if it does seem to heal, soon breaks out again. Such sores when small can easily and painlessly be burned off by hot sparks. A chronic sore on the lip or tongue or inside of the mouth, or outlet of the vagina can also be cancerous and must be attended to quickly.

Any pain that shows up in a previously healthy man or woman must be investigated right off. If it is in the abdomen, usually the stomach and bowel and gallbladder must be x-rayed. The rectum must be looked into with a lighted tube. One cannot trust to the x-ray film to show a cancer of the rectum.

## Calls for Examination

Any difficulty in swallowing must immediately be studied. Any blood or bloody discharge coming from any body orifice such as the throat, rectum, urinary bladder, or a woman's vagina must promptly be investigated. Even when a person knows that bleeding piles are present, he must not assume that there isn't a cancer of the rectum. Blood in the urine calls strongly for an examination by a kidney and

bladder specialist. No woman must ever go unexamined when she starts spotting between periods, or after her menopause. Any cough which does not quickly clear up calls for an x-ray examination of the lungs and sometimes a look down the trachea and bronchi (air passages) with an electrically lighted tube (bronchoscope). Too often today a lung cancer is found only after it has spread into both lungs, and has become inoperable. If I were a heavy cigarette smoker with a constant cough, I would have my lungs x-rayed every few months.

Any sudden development of hoarseness should promptly send a man for a study of his vocal cords by an expert. Only in this way can a man keep from losing his larynx (voice box). Any black (not brown) mole, especially on the hands or feet or private parts, should be removed surgically the day it starts to grow or to get red or ulcerated. When a child has such black moles, it is a good idea to have them removed.

## Spread Into Liver

Jaundice that comes silently in an elderly person can be due to a cancer that has spread into the liver or is obstructing the duct that carries the bile from the liver to the bowel. If I had such a jaundice, I would go to a medical center large enough to have a physician so expert in this field that he could probably tell me if there was any chance that the jaundice was due to a stone in the duct. Only in that case would an operation be worth attempting.

My other big hope would be that I would have a hepatitis—an inflammation of the liver—due perhaps to having had a transfusion two months before. In that case, I might recover, and I should not have an operation.

Dr. Alvarez' booklet on cancer may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa. (Released by The Register and Tribune Syndicate, 1960)

## Valley Jaycees Attend Meeting

Two representatives of the Medford Junior Chamber of Commerce attended a district 9 meeting in Grants Pass last week end at which the seven clubs represented presented resumes of their activities.

Representing the Medford Jaycees were Larry Allen, president of the local club, and Douglas Peters.

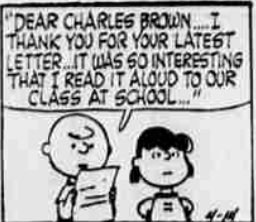
Others attending included Bill Sloan, Grants Pass, national Jaycee Spoke chairman; Corky Corbett, Burns, state president; Jack Spindler, Roseburg, national director; Glen Nelson, Eagle Point, state vice president; and Larry Armstrong, Sutherland, vice president.

Spindle reviewed qualifications for Jaycee president, noting that one of the most important aspects of the presidency is humbleness. Corbett reviewed qualifications for the vice president, stressing the desire to participate in Jaycee activities.

Don Jackson, Newport, a candidate for state president, talked with Steve Bartlett, Grants Pass, a candidate for state vice president, and Harry Wright, Ashland, also a state vice president candidate.

## Woman Doctor

Boston—The first woman doctor in the United States was Elizabeth Blackwell.



## POLIO FOUNDATION

Atlanta - Warm Springs foundation, anti-paralysis institute founded by President F. D. Roosevelt, has normal accommodations for about 150 patients.

## EARTH'S DIAMETER

Berkeley-The diameter of the earth at the equator is about 7,926 miles, according to modern computations. Through the poles it is 7,899 miles.

## FRECKLES SOURCE

Kansas City-Freckles come from an irregular pattern of pigment that is usually produced by the human body's adrenal and pituitary gland systems.

## CAR STEEL

Chicago - About 60 tons of steel are needed to construct a modern Pullman rail coach, except for models which make considerable use of structural aluminum.

## Students Place In Speech Event

Several southern Oregon high school students placed high in the state speech contest at the University of Oregon, Eugene, last week end. Doug Kitever, Medford High school senior, won first place in the panel discussion; Jim Frake, a junior at Medford High, tied for second place in extemporaneous speaking; and Darleane Hunt, Medford High senior, was a finalist in oratory and poetry reading. Glen Tabor of Ashland High

school placed first in radio speaking, and Jack Hoffburr and Rod Fowler, Phoenix High school debaters, won the co-championship of the B division debate with Statton and Jesuit. Phoenix High won the state B division last year. Some 205 students participated in the 53rd annual tournament. Students represented 49 Oregon schools, and 14 different schools were represented in first, second and third places.

## Bowling Champion Has to Miss Games

Dade City, Fla.—Officials of a bowling tournament here said they would be happy to send newspaper clippings of the results to last year's champion in singles play who sent his regrets that he'd have to miss defending his title. He wrote from a Mississippi prison.

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**Woman Doctor**  
Boston—The first woman doctor in the United States was Elizabeth Blackwell.

## Big Assortment Boyville Socks

**3<sup>149</sup>**

Take your choice of fancy argyle patterns in combed cotton and nylon stretch sox.

## for a lad's Easter... the all American look

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Older boys and men no longer have an exclusive on the handsome distinction of the blazer! Sears has it now in sizes 4 to 12. Its versatility makes it both party-smart and perfect for sports wear. Impeccably tailored in rayon flannel, the blazer comes in red, white or navy with black, navy or gray trousers. Wonderful low price. tool

## Dress that man in a high fashion Pilgrim Hat from Sears

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All wool felt. Sizes 6 3/4 to 7 1/2.

## Popular Clip-on Dress ties

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See, choose from Sears wide selection of solid or print colors. Right for boys, 8 to 18.

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CHARGE IT!

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