



August 10, 2011 – Grand Rapids, MI

## Mmmmmammogram

*Paula takes over the keyboard today to tell you about her latest health issue:*

The great thing with getting older: it's just one interesting medical experience after another. Last week I had a mammogram redo—as if getting it done once isn't enough! I'd been through this before, so I wasn't really worried; there's plenty of time to worry later when you know for sure something's wrong, so why get ahead of yourself?

But the phone person was ready just in case. When I called to schedule, the woman said very reassuringly, "We just need to get a better picture of your left breast."

I told her, "I'm sorry, but I'm going to have to bring both of them."

She laughed and said, "You can't leave the right one at home?"

I said, "No, they always go everywhere together."

So I went to my appointment, and it was just another routine mammo with a slightly different angle. Best thing about the Betty Ford Breast Care Center in downtown Grand Rapids: x-ray analysis while you wait! By the time I left, I knew everything was fine and I'm good to go for another year. Worst part of the whole thing: burned my tongue on the free tea.

Take it easy on yourself, and don't worry until it's time to worry. You'll live longer and live happier.

What are you prepared to do today?

*Dr. Chet*

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