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## THE ONLY WAY TO LIVE OUT YOUR RESOLUTION

At 12:00 AM New Years Day many of us may outside and yell "Happy New Year!" "As we welcome in the New and say goodbye to the Old". Then it's time to start thinking about all the new and wonderful things we are going to change from the previous year. We make resolutions and write down new goals for the slate is now wiped clean and we can begin renewed with enthusiasm and joy in anticipation of what we are going to accomplish.

Some people resolve to quit smoking, lose weight, exercise more, eat healthier, be healthier, stop wasting money and be nicer to spouses, kids, parents, brothers, sisters, fellow workers and others. Some desire to become a better employee, a better boss and others want a change from the job they are currently doing and find one which is more exciting, challenging and pays better.

Others make goals to read more, watch less TV, spend more quality time with the family, and go to church more often.

Some people make new, more responsible financial budgets so they spend less on what they really don't need.

As the days into the New Year march on, many start to falter on their resolutions and the goals they have set for themselves, leaving them feeling defeated and depressed. They realize that the same scenario has been happening each year as they try to make changes. Each year they start out with the same good intentions, but succumb to their worldly weakness.

Why do people fail at reaching their goal, and achieving their resolutions? Most likely because of a lack of faith that they will ever succeed. They are defeated when the emotional and physical battle of temptation heats up. They also put their hope in their own power to succeed.

The only true way to reach goals is to partner with God and seek His help in planning goals that He desires for us. He will give us the strength and ability to reach each one. He is faithful, and His love for us is unconditional. God's plans for us are awesome, far beyond what we can imagine and always overflowing with blessings and hope.

It is hard for many to have God as a partner because it involves getting rid of the baggage in our lives and giving the reigns over to God. It means giving Him control of our messed up lives and trusting that He knows what's best for us. It means we need to get educated about who God is and why He

would want to help us. It means we need to read the Bible to understand that God is sovereign and loves us immeasurably more than we deserve.

Sin separates us from God, but Jesus' shed blood covers over our filth so that God can only see Christ's unblemished righteousness in the lives of those who have accepted Jesus as their Savior and have put their faith in Him. This is God's plan for redemption of humanity and it starts with each of us believing that Jesus is the Son of God and that he died for our sins and was raised from the dead for our salvation. That's the foremost goal that God has placed in each of our hearts. It's our choice whether we accept His plan or go with our own. God's plan always leads to eternal life; our plan will always lead to death and separation from God.

It is biblical to take time to evaluate the cost involved in reaching your goal. But when you do, calculate it according to Christ's will for your life rather than by your own limited insight. God sees the big picture. He knows exactly what's ahead, and he wants you to trust Him for all the plans in your life.

*Dr. Harold*



Christmas Morning at the Nord Household with Axel, Ruthie, Bobby, and Ernie

Bobby and Carson helping each other open presents

## Cervical Screening

With recent changes in cervical screening recommendations and a great deal of advertising regarding the Human Papillomavirus Vaccine, we thought it would be helpful to put some of your common questions and the answers in a newsletter for you.

### What kind of test is used to screen for a problem with the cervix?

Our office uses the Thin Prep Liquid Based method. This method is highly recommended as the gold standard collection technique because it gives the pathologist at the lab the most cells to work with and make a diagnosis off of. This pap test is done by obtaining a small amount of cells from the outside of the cervix and just inside the cervical canal by using a speculum to visualize the cervix, a spatula to gently remove cells on the outside and a small brush to remove cells from just inside the cervix. The specimen is placed in a liquid solution and sent to a laboratory where a pathologist looks at the cells and checks for any problems. It is common to have a small amount of spotting afterwards from the brush that is used in the cervix. The pap test may detect a bacterial or yeast infection, a viral infection usually caused by the Human Papillomavirus, or may show abnormal cells of undetermined significance, or other cell changes.

### What screening is recommended for the cervix?

- Cervical screening guidelines from The American College of Gynecology changed in January of 2006. The new recommendations are:
- Cervical Pap test is first recommended once a year starting at age 21 or when a person is sexually active.
- It is recommended 4 months post partum.
- For ages 30-70, as long as you are not at risk for cervical cancer, it is recommended every 2 years, after having had 3 consecutive normal pap tests.
- It is recommended to stop having the pap test done at age 70, if one has had previous screening and had 3 normal pap tests.
- It is recommended that all patients who have undergone a total hysterectomy (cervix removed) for non-cancer reasons discontinue the pap test.

### What puts someone at risk for cervical cancer?

Having previous abnormal pap tests, having been exposed to a drug that your mother took while pregnant with you called DES (Diethylstilbestrol), having been infected with the sexually transmitted disease Human Papillomavirus of strains that are high risk, having abnormal cervical bleeding or discharge, and having a high-risk lifestyle including IV drug use, more than one sexual partner, HIV, or chronic hepatitis.

The most common cause for cervical problems is the Human Papillomavirus. This is a very common warty virus with 40 strains that can infect the genital area. There are often no signs of HPV, but a few of the strains will cause external genital warts that are visible. The best way to screen for the virus is with the pap test. HPV can lead to cervical cancer if it is left untreated. Using condoms can help reduce some risk of transmission of HPV, but does not protect against HPV as it is passed from person to person by touching infected areas in any of the skin area of the genital / anal area.

### HPV Vaccine

The HPV vaccine is recommended by the CDC to give to girls as young as nine. It is given in 3 injections over a 6 month period of time. It is a vaccine against the higher risk strains: 6,11,16, and 18 only.

### To Note

The pap test is only for the cervix, the best way to screen for problems with the uterus and ovaries is by the questions that you answer for us, by us feeling on the inside at the uterus and ovaries and ultrasound and other diagnostic testing if it is needed. There are not any good laboratory screening tests currently available for uterine and ovarian cancer. The screening for your uterus and ovaries is recommended once a year.

Please let us know if you have any questions,

*Crystal*