

Healthy Happenings

When My Teacher Comes to Town

by Star Kolb

Seventeen years ago I did something that felt really scary at that time! I walked through the doors of a yoga studio. That first practice, of which I could not do most of what was offered, was exhilarating and I walked (more like rubber leg stumbled) away knowing I couldn't wait to take another class!

I often joke that the hardest part of going to a yoga class is getting yourself there. It was Peter Sterios I began practicing with all those years ago. After attending his 6am practice several times a week for a year, he informed me that I would teach yoga someday. Well there was that powerful yogi intuition at work. Not only do I teach yoga, I also opened a yoga studio here in sweet Moab! Now, I have the great honor to host Peter while he teaches the first yoga workshop at Sundari Yoga & Wellness Studio, 1105 S US-191 #3!

Gravity & Grace—YOGA, INTUITION AND HEALING, Special Yoga Program + Book-signing, with award-winning author Peter Sterios. Sunday October 16, 2022, 4-6pm

Come, enjoy a unique yoga movement experience with Peter Sterios, international yoga teacher and award-winning author. At its heart, this special program will enrich your current practice of yoga, no matter the style, and help you develop an intuitive, yoga-inspired guide for wellness using the subtle body elements of Gravity & Grace.

Peter will lead a gravity-inspired dynamic movement "all-levels" class, followed by a short Q&A conversation about healing with yoga and Peter's sharing of excerpts and personal stories from his new book GRAVITY & GRACE - Nautilus Book Awards 2019 Gold Medal Winner for "Health + Wellness", chosen from over 500 entries. Past winners include Eckhart Tolle, Deepak Chopra, Thich Nhat Hanh, His Holiness the Dalai Lama, Caroline Myss, and Mary Oliver.

Register by October 9: Workshop is \$55 and includes a signed copy of Peter's new book. Workshop registration after October 9 is \$45, with books purchased separately for \$25.

www.sundariyogamoab.com • Sundari Yoga & Wellness Studio, 1105 S US-191 #3

Join Sundari Yoga & Wellness Studio for weekly yoga classes!

Keep checking in for the several fabulous workshops and series coming this fall and winter.

Sundari Yoga & Wellness Studio CLASS SCHEDULE

Monday: 5:30-6:45pm All Levels Yoga w/ Trista Winder

Tuesday: 10-11:30am Stretch & Restore w/ Star Kolb
5:30-7pm Yoga Basics w/ Star Kolb

Wednesday: 5:30-6:45pm All Levels Yoga w/ Angela Houghton

Thursday: 10-11:30am Yoga Basics w/ Star Kolb

Friday: Private Lessons

Saturday: 10-11:30am Fundamentals of Hatha Yoga w/ Jessie W

Sunday: 9-10:15am All Levels Yoga w/ Alternating Teachers
11am-12:30pm Hatha Flow w/ Jessie Walsh

Online Yoga Classes w/ Star Kolb:

Monday 10-11:30am Gentle Yoga

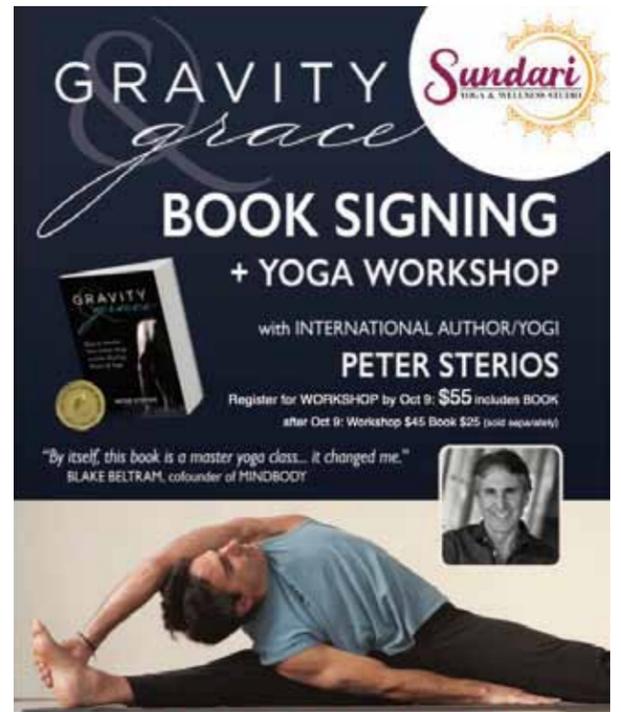
Tuesday 4-4:35pm Breathe & Restore

Wednesday 10-11:30am Gentle Yoga

Thursday 8-8:35am Move & Meditate

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What to Expect if You're Called Back In After a Mammogram

After a routine screening mammogram, ten to fifteen percent of those screened will be called back in for further evaluation. If you are among that ten to fifteen percent, does that mean something is wrong? It can be frightening waiting for that second appointment. It's natural to worry—but knowing the facts can help set your mind at ease. You should know that it is overwhelmingly likely that you are just fine.

Getting Called Back In

There are two main reasons that a patient might be asked to come back for a second appointment after a routine screening mammogram:

- The original images might be difficult to read, especially if the patient has dense breast tissue.
- The radiologist who read the original images might have seen an area that looks different from the rest of the tissue.

Even if the radiologist saw something on your first set of images that looks different from normal breast tissue, that does not mean you have cancer. More tests will be performed, a doctor will talk with you about these tests, and the odds are good that nothing serious is going on.

What Happens at the Follow-Up Appointment

You can expect the follow-up appointment to be longer than a routine screening appointment. There are various tests the doctor might want to have performed. They will probably start with more detailed mammography and then progress through the next few steps only if it seems necessary.

• **Diagnostic Mammogram:** A diagnostic mammogram consists of more images than a routine screening mammogram—but otherwise, it will seem very similar to the routine mammograms you have already had. Your doctor will probably read these results right away and then decide whether more tests are needed.

• **Breast Ultrasound:** If your doctor requests it, you will have a breast ultrasound, which is a fairly quick test and does not hurt. This test uses sound waves to create images.

• **Breast MRI:** You may be asked to have a breast MRI. This test requires you to lie still while a large machine uses magnetic waves to create very detailed images. It takes some time and may require an IV injection of contrast dye.

• **Biopsy:** A biopsy removes a little bit of tissue from the breast for study under a microscope. This less common test is reserved for the times when a doctor has no other way to rule out cancer. There are various ways it might be performed, but in all cases you will be given some kind of anesthetic to prevent pain during the test.

Possible Outcomes

So what might the doctors find out with these tests? It might feel like a 50-50 proposition: either it's cancer or it's not. But the truth is, even if you are among the 10-15 percent of patients called back for more testing after a routine

mammogram, the odds are still in your favor. Fewer than 1 in 10 patients called back for further testing turn out to have cancer.

• Sometimes the doctor just needs some clearer images. This is especially likely if you are younger, because breasts are generally more dense before menopause, and younger patients may not have previous mammograms to use as comparisons with the current images.

• There are a number of benign (noncancerous) conditions that can cause breast changes—cysts and microcalcifications, for instance. If your tests reveal a benign breast condition, your doctor will discuss whether it requires any kind of treatment.

• If you do have cancer, your doctor will explain whether it is limited to one area of the breast or whether it has spread. Your doctor will also explain treatment options.

It's probably impossible to put an upcoming call-back appointment out of your mind entirely. But you should know that the odds are very good that you don't have cancer. And even if you do, treatment options have progressed dramatically in recent decades. While you're waiting for more answers, rest assured that there is every reason to be hopeful.

The American Society of Breast Surgeons suggest that females over 40 years of age get yearly mammograms to check for signs of breast cancer, which affects 1 in 8 women. Call Moab Regional Hospital today at 435-719-3794 to schedule a screening mammogram!

BRING A FRIEND!



**CHECK OUT
MOAB REGIONAL HOSPITAL'S**

3-D MAMMOGRAPHY MACHINE

The American Society of Breast Surgeons suggests that females over 40 years of age get yearly mammograms to check for signs of breast cancer, which affects 1 in 8 women.

CALL TODAY! 435-719-3794