

# Make a resolution to go to the gym? These folks have been going for years



Whitney Jaeger teaches Body Pump class at 24 Hour Fitness.

... continued from Page B4

Now 63, Deborah is at the gym almost every day, working with two different personal trainers, Enrique and Brian, and taking classes. On Fridays, she goes bowling.

Her husband, a former Miramonte wrestler and football player, goes to a gym in Orinda, but Deborah prefers the programs at 24 Hour Fitness. "It's a lifestyle," she believes. Before she started, she was having trouble with her shoulders. When she started working with a trainer, she discovered that she had "no core." She says that she spent four to five years working on her shoulders. She views her investment in the gym as a lovely gift to herself. In addition to finding out how to exercise without hurting herself, she says that she has gained so much confidence. Plus, she says, when she does Zumba Gold for seniors it is "the only time my mind actually shuts down."

"I do this for myself," she says. "My goal is to stay fit so that I can enjoy my life!"

### Whitney Jaeger

Whitney met her husband at age 16 when she was in high school in Petaluma. When she was 19 they married with about four days notice when her husband was home on leave between basic training and advanced individual training. They were stationed in Ansbach Germany in 2006 and her husband served tours of duty in Afghanistan and Iraq. Since leaving the

military, he got a job with PricewaterhouseCoopers where he works in asset and wealth management assurance and they moved to the Bay Area.

After having her two children within 18 months of each other, Whitney found herself weighing about 240 pounds. She joined a gym in Tennessee, where her husband was then stationed, "but I had no idea what to do," she says. While walking on an elliptical machine, she says, she was approached by a trainer in her small club, who encouraged her to come to a Bodypump class. She did and found she loved the challenge. She moved up to Body Combat, another Les Mills program, and lost nearly 60 pounds. When she arrived in Lamorinda in 2015, she joined 24 Hour Fitness because they offer the Les Mills classes. After a while, she felt so confident that she became certified, and now teaches Bodypump, Body Combat, Body Attack and Grit, which is a high intensity 30-minute class. Most of her classes are 55 minutes long, and are usually attended by up to 38 students.

Whitney has an associate's degree and a Certified Nursing Assistant certification. She is now certified as a personal trainer, and works at the 24 Hour Fitness clubs in Moraga and Concord. She fits her classes around the schedules of her two children, but when she teaches at night, they go to the club's Kid's Club.

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# Radiation for Skin Cancer

By Christine Chung, MD

**M**rs. E is a 75 year old woman who had been treated with Mohs microsurgery for a skin cancer on her nose many years ago. More recently, she developed a new pink bump on her foot. A biopsy showed basal cell carcinoma (BCC) on the skin of her foot. She asked me, "I hated going under the knife for my other skin cancer. Is there another option?"

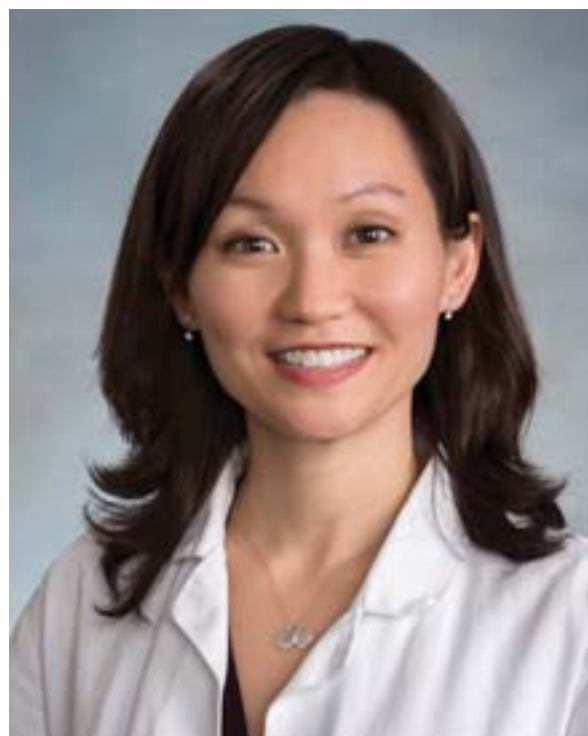
BCC of the skin is one of the most common malignancies diagnosed in the US each year. It occurs most frequently on sun-exposed skin in fair-skinned individuals, though may also develop in people with darker skin. BCC of the skin is associated with exposure to ultraviolet light from the sun (UVA and UVB), and use of tanning beds. Patients who have undergone organ transplantation and require chronic immunosuppression are also at greater risk of developing skin cancer. This type of cancer can take many forms, including flat red spots, painless bumps, or scaly patches on the skin. A doctor may biopsy the skin to confirm the diagnosis of cancer.

Over 90% of skin BCC are cured with local therapy alone, such as surgical excision with Mohs microsurgery. An advantage of Mohs microsurgery is that the surgeon can look at the cells as they are being removed, to ensure that all of the cancer has been fully excised. Low-risk BCC may also be treated with electrodesiccation and curettage, or a topical cream, such as Aldara. Some patients may need radiation after surgical excision, if the cancer cells have aggressive features, such as invasion into the local nerves, or if the cancer could not be fully excised.

Radiation therapy alone is another non-invasive way to treat skin cancers. High-energy X-rays are directed at the tumor to kill the cancer cells. Using radiation to treat skin cancer is a reasonable option for patients who cannot tolerate surgery or those who have problems with wound-healing after surgery. It is also used for skin cancers in sensitive regions where surgery could be potentially disfiguring, such as at the tip of the nose or the ears. The cure rate for early stage skin cancer is over 95% with radiation therapy alone.

Radiation therapy can be delivered in several different ways, including superficial electron radiation or electronic brachytherapy. Electronic brachytherapy using the XOFT system uses a miniaturized X-ray source to deliver radiation to the skin cancer. The treatment is given twice a week for four weeks, and each treatment lasts about five minutes. A recent study published in the Journal of Contemporary Brachytherapy in 2017 showed equivalent outcomes between electronic brachytherapy and Mohs microsurgery for patients with nonmelanoma skin cancer. The side effects can include skin irritation and redness, hair loss in the treatment area, and possible blistering and peeling of the skin. The treatment is not ideal for all skin cancers, but may be a convenient option for some patients.

Dr. Chung is a board certified radiation oncologist with Diablo Valley Oncology & Hematology Medical Group in Pleasant Hill. She has a special interest in treating skin and breast cancer. Dr. Chung sees patients in Pleasant Hill and Berkeley. For more information call: 925-825-8878.



~ Healthy Lifestyle ~