

HealthcareConnections

OCTOBER 2017

Healthcare News



October is Breast Cancer Awareness Month—an annual campaign to increase awareness of the disease. The color pink and iconic pink ribbons can be seen everywhere and on everything—from the uniforms of our favorite sports teams to the products we see on the shelves. After many years and the efforts of countless people and sponsors, the message has become hard to miss. Yet, while most of us are aware of the seriousness of breast cancer, we may not know how to detect and prevent the disease that touches millions of lives each year.

Breast cancer affects about one in eight women.¹ Do you know the signs to watch for?

According to the American Cancer Society, breast cancer is the most common form of cancer for women, and the most deadly behind skin and lung cancers, respectively.² In 2017 alone, an estimated 252,710 new cases will occur, with about one in eight women developing invasive breast cancer in the course of her lifetime.¹ Men can also be diagnosed with breast cancer.

Breast cancer begins when cells in the breast grow abnormally, often forming a lump or a tumor. Growths aren't limited to any specific part of the breast, and not all types of breast cancer form lumps. Some other common symptoms are swelling, skin irritation, pain, and redness on the breast or nipple. Breast cancer can spread before any symptoms become noticeable; so early detection is key to an easier, more successful treatment.

One in eight women will get breast cancer in their lifetime.¹



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What steps can you take for early detection?

Scheduling regular yearly mammograms is the most reliable way to find cancer in its early stages. Mammograms can catch breast changes years before physical symptoms begin to show. While they are not perfect, decades of research show that having regular screenings makes it more likely to find breast cancer early, reducing the likelihood of mastectomies, chemotherapy, and other aggressive treatments.³

Some women are at a higher risk for cancer and an ultrasound may be necessary in addition to mammograms. If you have:

- a family history of breast cancer,
- had radiation therapy to your chest, or
- the BRCA1 or BRCA2 gene mutation,

you should consult your healthcare provider to develop a prevention plan.

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Flu shots are in!

NO APPOINTMENT NECESSARY.

- A yearly flu vaccine is the first and most important step in protecting against influenza viruses.
- Everyone 6 months of age and older should get a flu vaccine yearly.

Get the
FLU 
SHOT
not the flu!

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What lifestyle changes can you make to lower your risk of developing breast cancer?

While it's impossible to avoid some risk factors, there are steps you can take that may help to lower your risk of breast cancer. The National Breast Cancer Foundation recommends:

- Regular physical activity.
- A diet rich in vegetables, poultry, and low-fat dairy.
- Limited alcohol consumption.
- No smoking.⁴

For some women, prescription medicines can be used to help reduce the risk of breast cancer. These drugs can have side effects, so it's important to have a conversation with your physician before choosing this option.⁵

The world needs its mothers, daughters, aunts, and sisters. By understanding the signs and symptoms of breast cancer—as well as early detection—we can start taking steps to lower the number of those we lose to breast cancer.

Monroe County Hospital & Clinics (MCHC) offers a range of services for early breast cancer detection. Ultrasounds, mammograms, and 3D mammograms are available during your screenings.

With 3D mammograms, your MCHC physician can see warning signs earlier. Lumps and distortions common with cancers and precancerous cells are more visible with 3D mammograms than with conventional mammography. This helps detect more invasive breast cancers and reduces false positives.

Call the Outpatient Clinic at 641.932.1678 to set up a breast cancer screening.

1. Breastcancer.org. (2017, March 10). U.S. Breast Cancer Statistics. Retrieved from http://www.breastcancer.org/symptoms/understand_bc/statistics

2. The American Cancer Society. (2017, January 5). How Common Is Breast Cancer? Retrieved from <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

3. The American Cancer Society. (2016, July 7). American Cancer Society Recommendations for the Early Detection of Breast Cancer. Retrieved from <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

4. National Breast Cancer Foundation. (2016) Breast Cancer FAQs. Retrieved from <http://www.nationalbreastcancer.org/breast-cancer-faqs>

5. The American Cancer Society. (2017, September 2017). Deciding Whether to Use Medicine to Reduce Breast Cancer. Retrieved from <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/deciding-whether-to-use-medicine-to-reduce-breast-cancer-risk.html>

Healthy Recipe

Stay warm this season with a soup that captures all the flavors of autumn! Pumpkin soup makes for a great nutritious meal at home or on the go.

Pumpkin Soup

1 tablespoon of olive oil

1 chopped onion

2 pounds of chopped pumpkin flesh

1 carrot

2-4 sprigs of fresh rosemary

4 cups of chicken or vegetable stock

2-4 bay leaves

1 cup of skim milk powder

1. Heat the olive oil in a large saucepan with the chopped onion for 3-4 minutes. Gently cook the onion to avoid browning.
2. Add your chopped pumpkin, carrot, and rosemary to the mix. Stir for 2-3 minutes.
3. Now, pour in your preferred stock and add in the bay leaves. Bring your soup to a boil and let it simmer for 12-15 minutes, or until your veggies become tender. Don't forget to cover your pan with a lid.
4. Pull your saucepan off your stovetop. Remove and discard the rosemary stalks and bay leaves; their job here is done!
5. Place a third of the soup in the blender with 1/3 cup of the skim milk powder and puree. Afterwards, pour it into a large bowl. Repeat this last step until you've emptied your saucepan.
6. Heat through and enjoy your soup!

Tips for the chef: Don't be afraid to experiment! Play around with a little extra flavor by introducing parsley, thyme, garlic, and other herbs to spice up your pumpkin soup.

Do you have a recipe you'd like to share? Send us your healthy snack or meal at jwitt@mchalbia.com.

Monroe County HEALTHCARE FOUNDATION Scrubs on Wheels— Scrub Sale!

Date: October 31, 2017

Time: 9:00 AM - 3:00 PM

Location: Monroe County Hospital & Clinics
6580 165th Street, Albia
Mobile Unit in E. Parking Lot

Scrubs on Wheels offers a range of sizes, from XS-5X. With a variety of name-brand products, satisfaction is guaranteed.

Why Scrubs on Wheels?

We strive to make every visit to our mobile stores as convenient as possible by providing a fun and hassle-free way of buying uniforms.



The sale is open to the public.

October 2017

Susan Allison Outpatient Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Homedan Moratz	3 Sokol Moratz	4 Narayan Warren	5 Sokol Coleman	6 Onsrud	7
8	9 Homedan Freeman	10 Sokol	11 Sanders Moore Agarwal	12 Sokol	13 Marcus Moratz (a.m.)	14
15	16 Homedan	17 Sokol Moratz	18 Sanders Warren	19 Sokol Coleman Moratz (a.m.)	20 Marcus Onsrud	21
22	23 Homedan Freeman	24 Sokol	25 Sanders Dickins	26 Sokol	27 Moratz	28
29	30 Homedan	31 Sokol Warren				

Outpatient Clinic Specialists

Ravinder Agarwal, M.D. - *Allergy & Immunology*
 Greg Moore, AUD - *Audiology*
 Richard Marcus, M.D. - *Cardiology*
 Rachel Onsrud, ARNP - *Cardiology*
 Christina Warren, ARNP - *Dermatology*
 Neal Sokol, D.O. - *General Surgery*
 Q. Stokes Dickins, M.D. - *Neurology*

Joseph Coleman, M.D. - *OB/GYN*
 Brian Freeman, M.D. - *Oncology/Hematology*
 Shehada Homedan, M.D. - *Orthopedic Surgeon*
 Robert Moratz, DPM - *Podiatry*
 Tamarisa Narayan, M.D. - *Pulmonology*
 Shayla Sanders, ARNP - *Rheumatology*

For additional information or to schedule an appointment, please call 641-932-1678.



Craft & Vendor fair

Monday, November 6
 9:00 AM - 6:00 PM
 Monroe County Hospital & Clinics
 Conference Rooms 1 & 2
 Open to the public

Just in time for
 Holiday shopping!



Monroe County
HOSPITAL & CLINICS

6580 165th Street, Albia, IA 52531 • www.MCHAlbia.com