

Healthy Connections

MEMORIAL'S GUIDE TO HEALING AND WELLNESS • FALL 2017

Breast cancer: 5 facts you may not know

OF ALL the diseases we face as women, few may concern us more than breast cancer. Almost certainly, you know someone—a loved one, a friend, a neighbor—whose life has been touched by the disease.

Even though breast cancer is far too common, some facts about it may still surprise you. Here's a look at five of them:

1 Breast cancer is not the leading health threat to women. Heart disease is actually far deadlier for women. Nationwide, breast cancer causes 1 in 31 female deaths every year. But coronary heart disease causes 1 in 8 female deaths.

And looking only at cancer deaths, lung cancer kills more women in the U.S. than breast cancer.

2 Most breast cancer is not inherited. Only about 5 to 10 percent of all breast cancers appear to develop directly from gene defects—such as those in the BRCA1 or BRCA2 gene—passed on from a parent.

What's more, even a family history of breast cancer is not as concerning as many women might fear. While having a close relative with breast cancer does raise your risk, less than 15 percent of women who get breast cancer have a family history of the disease.

3 A preventive mastectomy doesn't completely eliminate the risk of breast cancer. Some women who are at high risk for getting breast cancer opt to have both breasts removed to avoid the disease. A preventive mastectomy can, in fact, reduce the risk of developing breast cancer by 90 percent or more. But some risk still remains, since even a mastectomy can't remove all breast tissue.

4 Dense breasts are a risk. Women with dense breasts—breasts with more fibrous and glandular tissue and less fatty tissue—have up to twice the risk of breast cancer as a woman with average breast density. Dense breasts may also make mammograms less accurate.

Ask your doctor if your breasts are considered dense—you can't tell by touching them. If the answer is yes, the two of you can discuss whether you need additional imaging tests, such as an ultrasound or MRI.

5 The effects of a fatty diet aren't clear. Many studies indicate that breast cancer is less common in countries where the typical diet is low in fat. But so far studies haven't found a definitive link between higher fat diets, like those eaten in the U.S., and breast cancer.

Sources: American Cancer Society; National Cancer Institute



Don't forget!

October is

**Breast Cancer
Awareness Month.**

Schedule your screening today!





Making the Most Wired list

Adventist Health System (AHS), which includes Manchester Memorial Hospital, has been named a 2017 Most Wired health system based on the results of HealthCare's Most Wired survey, released by the American Hospital Association's Health Forum. This year marks the fifth consecutive year that AHS has received the honor.

Welcome aboard

MMH has a new CFO

Steven Miller, who has more than a decade of progressive healthcare finance experience, has been named the new chief financial officer (CFO) for Manchester Memorial Hospital.

Miller graduated from Southern Adventist University in Collegedale with a bachelor's

degree in accounting. He served as CFO for Florida Hospital North Pinellas before moving to Manchester.

We welcome Miller and his family to Manchester!



Meet our new providers

Manchester Memorial Hospital (MMH) is proud to welcome urologist **Suvas Desai, MD**, to the Urology Clinic, a new addition to its physician enterprise. To schedule an appointment with Dr. Desai at the MMH Urology Clinic, located at 515 Memorial Drive, Suite 1, please call **(606) 598-4500**.



MMH welcomes **Emily Henson, LCSW**, to our team! She is accepting new patients and will be based out of the clinic located at 509 Memorial Drive, Suite 2, Manchester. For referrals, please call Henson at **(606) 598-4539**.



Quality care, right at your doorstep

Have you noticed the construction site while driving in to the hospital? Adventist Health System, Manchester Memorial Hospital's parent company, is investing \$9.4 million in a new physician clinic building to provide the community with quality care right at their doorstep.

The new physician clinic building will help address the healthcare needs of residents by offering services that include pediatrics, women's care, internal medicine and family medicine.

"This is a wonderful community, and the people here have supported the hospital just as the hospital has supported them," said Erika Skula, CEO of the hospital. "The new medical building is just the latest example of how much Adventist Health System is investing in our community and the well-being of our people, and I am elated that soon those who live here will have access to additional services and avenues to receive care."

The construction is set to be complete by July 2018.

MMH awarded for outstanding patient care

Manchester Memorial Hospital (MMH) was named a finalist for the 2017 QUEST Award for High-Value Healthcare from Premier Inc. for providing outstanding patient care. We were honored during Premier's annual Breakthroughs Conference and Exhibition on June 27 in Washington, D.C.

Only 21 hospitals received finalist recognition for achieving top performance in any five of the six areas measured in Premier's QUEST collaborative. MMH scored high on cost and efficiency, evidence-based care, safety, patient and family engagement, and appropriate hospital use.



BREAST
CANCER

A treatment right for you

NO WOMAN WANTS to be told she has breast cancer. Yet, if this year is typical, doctors will break this news to more than 250,000 women in the U.S.

Perhaps you will know one of them. She might be your mother, daughter, wife or close friend. Or perhaps you will be the woman who suddenly finds herself asking, “Will I survive this disease?”

More than ever before, the answer to this question is a reassuring yes.

Every year since 1989, death rates for breast cancer have dropped steadily, the American Cancer Society reports. Today, about 99 percent of women with early-stage breast cancer—or cancer that has not spread beyond the breast—are still alive at least five years after their diagnosis.

Why is the outlook for breast cancer so improved?

The widespread use of mammograms, and their ability to detect tiny tumors that often respond well to treatment, is one likely reason for this trend. Another reason is better, more personalized treatment.

In addition to the stage of the cancer, the recommendations and options for each woman are now based on individual factors such as menopause status, age and health, genetics, and the cancer’s specific biology.

Treatment—a closer look

As personalized as treatment now is, surgery is still standard for women with breast cancer.

Almost all women will have surgery—often as their first treatment. But even so, not all women will have the same type of surgery for their cancer.

Today, most women with early-stage breast cancer can safely choose between a mastectomy

(removal of the entire breast) and a lumpectomy (removal of only the cancerous tumor plus some nearby healthy tissue). Doctors can help women decide which option is right for them.

Typically, a lumpectomy is followed by five to six weeks of radiation therapy to destroy any remaining cancer cells in a breast. Radiation therapy may also be recommended for some women after a mastectomy.

Depending on the characteristics of their cancer, women may also be treated with:

Hormone therapy. About two-thirds of women with breast cancer have tumors that are fed by estrogen. Antiestrogen drugs like tamoxifen can stop estrogen from affecting breast cancer cells. And aromatase inhibitors (AIs) can stop some parts of the body from making estrogen. Treatment with an AI reduces the risk of cancer returning more than using tamoxifen alone, research shows.

Chemotherapy. Here doctors use drugs that travel through the bloodstream to fight cancer cells in most parts of the body. Chemotherapy may be recommended before surgery to help shrink a tumor or after surgery to help kill any cancer cells that may have been left behind or spread. Chemotherapy may also be prescribed for advanced breast cancer.

Targeted therapy. This type of treatment attacks specific proteins in cancer cells. The drug trastuzumab (Herceptin), for example, can help the roughly 1 out of 5 women whose breast cancer cells test positive for a protein called HER2. Breast cancers with too much of this protein tend to grow and spread aggressively. Trastuzumab helps slow this growth.

Additional source: American Society of Clinical Oncology



4 steps to having a better mammogram

The hardest part of preparing for a mammogram may be picking up the phone and making the appointment.

But once you accomplish that task, there are four things you need to do to help ensure that the process goes smoothly and that you get the most accurate results:

1. If you still menstruate, schedule the mammogram for about a week after your period, when your breasts are less tender.

2. If you’ve had mammograms at another facility, have the records transferred so that they can be compared to the new mammogram.

3. Don’t wear talcum powder, deodorant or lotion on your underarms or breasts the day of your mammogram. They can show up as white spots on the image.

4. Be sure to tell the technologist about any breast changes or symptoms you have.

Source: American Cancer Society

You
said

"I've been here three days so far in the ICU with my mother. . . this is the best hospital around here. I haven't had any problems since I've been here, and all the staff have treated me with great respect. I will be back. Keep up the good work, Clay Countians."
—ALG

Moving, losing. . .and feeling good

CHEERS TO ANOTHER successful Clay County Summer Fitness and Nutrition Program (CCSFNP)!

Over the course of the program, CCSFNP saw more than 35 unique participants, with an average of 22 per session. Participants lost 0.5 percent of

their body fat on average.

Summer Fitness is a free, eight-week program for people in Clay County ages 16 and older. This program is

designed to get Clay Countians active through a variety of different physical exercises and provide lessons about health and wellness.

If you'd like to participate in our next session, contact our community outreach department at **(606) 598-1095**.



Recipe corner

DO YOU LIKE cooking and are you always looking for new ideas to try out?

Are your kids tired of the same old dishes and want to eat out all the time?

Or are you a mom on the go, looking for easy-to-make yet nutritious recipes?

Well, look no further! View new recipes every month at manchestermemorial.org. Or subscribe to our CREATION Health e-zine and get new recipes in your inbox every month.



You can sign up by going to our Facebook page at facebook.com/manchestermemorial and clicking the "Join My List" button. Don't have Facebook? Go to our website at manchestermemorial.org and click the "Sign Up For Free!" banner under Manchester Highlights. Or if you have your cellphone in hand, you can text "CREATIONHEALTH" to 42828. See how easy it is!

How are we doing?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us

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