



Breast Cancer Awareness Month



What You Should Know About Mammograms

Breast cancer is a leading cause of cancer death among women in the U.S., second only to lung cancer. It's estimated that one in eight women will develop this disease in her lifetime. While awareness about breast cancer risks and prevention continues to grow, many women still have questions about the importance of routine screenings, particularly mammograms.

What is a mammogram?

A mammogram is an X-ray of the breast that can help doctors detect tumors; often at early stages when the cancer is most treatable and less likely to spread (metastasize) to other parts of the body.

Until recently, most medical organizations recommended that women have mammograms every one to two years starting at age 40. The U.S. Preventive Services Task Force (USPSTF), an independent panel of experts who review research and make recommendations about medical care, has examined new evidence on the risks and benefits of annual mammography for women at different ages.

Based on that review, the USPSTF now recommends that women aged 50 to 74 who are at average risk of developing breast cancer have a mammogram every two years. If you're younger than 50, the USPSTF recommends you consult with your doctor about your specific risk factors and make the decision to have a mammogram based on this information. That's because mammograms may have more harms than benefits for women who are not at high risk of developing breast cancer.

Mammograms are not perfect.

There are some downsides to having mammograms. It's not uncommon for the tests to give "false positives," meaning that they show something that looks abnormal, but turns out not to be cancer. They sometimes also give "false negatives," meaning that they miss cancer that is there.

Women who have a positive mammogram usually have a biopsy or other screening tests, and sometimes even surgery, to confirm the results. Most women who have a positive mammogram do not have cancer.

If an abnormal mammogram turns out to be a false positive, the additional sometimes invasive, tests and procedures that follow are unnecessary, causing undue worry and anxiety while waiting for test results. These are examples of how the potential harms caused by a mammogram can outweigh the benefits.

Age Matters

False positives and false negatives are both more common among younger women than they are among older women. For example, younger women's breasts tend to be dense, making mammograms more difficult to read. Breast cancer is also less common among younger women, and the risk gradually increases as a woman gets older.

At a certain age, the benefits of regular mammograms begin to balance out their possible negatives. That age can be different for each woman. That's why many organizations recommend that you and your doctor decide together when to start regular mammograms based on your risk for breast cancer and how you feel about the benefits and harms of the tests.

If you are younger than 50, talk to your doctor about the pros and cons of having regular mammograms. If you have a family history of breast cancer, you may be at increased risk for the disease and you might decide to have regular mammograms sooner rather than later. On the other hand, if you have no risk factors for breast cancer, you may want to wait until you turn 50.

If your doctor recommends a mammogram, learn what the test can and cannot do. Remember, too, that you have a choice about whether to have a mammogram.

Medically Supervised Weight Loss Programs

Remember there's help for you!!!



- **Baptist Medical Center Weight Loss Options Program**

Downtown
800 Prudential Dr.
Jacksonville, FL 32207
Phone: (904) 202-2140

- **Smart For Life Weight Management (Thin Center)**

Beaches	Mandarin
1351 13th Ave. South,	10950 San Jose Blvd.,
Ste# 110	Ste#41
Jacksonville Beach, FL 32250	Jacksonville, FL 32223
Phone: (904) 694-0992	Phone: (904) 619-0130

Weight Loss Success Testimonies

"When I finished the school year this past June, I was overweight, had no energy, and my knees hurt constantly. My wife looked on the school board website and found that the School Board's insurance was working with Thin Center's MD for employees who were overweight. At her insistence, I started the program with her and I am so glad I did. I have lost almost 70 pounds in about 3 months. I am off all blood pressure medication. The program was simple to understand and follow. I now feel better about myself, have lots more energy and my knees don't hurt at all allowing me to walk 4-5 days a week. I would definitely recommend Thin Centers MD to anyone who is serious about wanting to lose weight."

"Grapefruit diet, starvation diets, liquid diets...I'd been on them all in the past. I hate to admit it, but I usually went on a crash diet a week or two before a big event just so I could look good for that "special weekend." The down side was that the weight always came back; I just couldn't stand the thought of starving the rest of my life to keep the weight off."

"I loved the Thin Centers program as it gave me the kick I needed to change my lifestyle and habits. The plan is very easy to follow with a great deal of support and motivation from Dr. Capasso and his staff. I began the program starting at 198 pounds. I am now at 164 pounds and getting thinner each and every day. As I began to drop the weight, my energy increased which lead me to start exercising. I am now walking 3 miles a day."

National Health Observances for October

Visit the links below for more information

National Breast Cancer Awareness Month
www.nbcam.org

National Down Syndrome Awareness Month
www.ndss.org

Sudden Infant Death Syndrome Awareness Month
www.firstcandle.org

Eye Injury Prevention Month
www.geteyesmart.org/eyesmart/injuries/index.cfm

National Disability Employment Awareness Month
www.dol.gov/odep

Mental Illness Awareness Week
October 2-8
www.nami.org

Red Ribbon Week
October 23-31
www.nfp.org

DIABETES PROGRAM

This program is for people with diabetes and is designed to help you feel your best and save money!

- **FREE** diabetic-related generic prescription medications (cholesterol, blood pressure and diabetic)
- **FREE** approved diabetic supplies (needles and syringes)
- **FREE** insulin
- **FREE** ongoing support from nurse health educators

Contact Pat Lewis at 904-390-2323

Success Stories

"I attended one of the scheduled diabetes classes. I just want to say THANK YOU to both of the presenters and BCBS. The day was WELL spent! The two ladies took information that diabetics might have known on a surface level and delved deeper to help understand the why, when, and so forth. Their explanations for a variety of topics are one's I should have received from my physician LONG ago but for a variety of reasons it never happened. It also helped to know that one presenter has been a diabetic for a number of years so she's not just talking the talk, she's walking the walk. MUCH more credible! I'm just sorry I didn't take a friend or two along as they could have benefitted from this opportunity as well!"

"I have been a diabetic for over 10 years. The Diabetes Management class really helped me. I am now lowering my insulin and have much better control of my diabetes."

"My A1c in January 2011 was 14 and I was having trouble with my vision. After attending the class and applying the information I received, my A1c is now 7.2 – the lowest it has ever been, my meds have been decreased, and I have not felt this good in a very long time. I loved the class!"

Ask the Health Coach

Q I'm trying to lose weight. Is diet soda a good alternative to sugar-sweetened drinks?

A While diet sodas are virtually calorie-free, they are not the healthy alternative we once thought them to be. Two new studies by the University of Texas Health Center at San Antonio found that drinking two or more diet sodas daily increases your waist size and decreases your overall health. Keep in mind that greater abdominal fat increases the risk for heart disease and diabetes. One of the studies also found that mice fed with food sprinkled with aspartame, the sugar substitute used in many diet beverages, had higher blood sugar levels than the mice fed food without it. This could be a potential risk for anyone already at risk for diabetes. In a separate study by the University of Miami Miller School of Medicine, researchers found that people who drink a diet soda each day have a significantly higher risk of heart attack and stroke than those who report not drinking soda. Your best calorie-free option is still water. Spike it with some lemon, lime or orange if you need some flavor.

Resource: acefitness.org and medscape.com



Crock Pot Chicken Taco Soup

Make this simple, healthy dish on a busy night.

½ onion, chopped
1 can (15 oz.) black beans
1 can (8 oz.) tomato sauce
1 can (15 oz.) diced tomatoes with green chilies, undrained
1 package (1.25 oz.) taco seasoning (look for low-sodium taco seasoning or substitute chili powder, coriander and cumin)

1 can (16 oz.) chili beans
1 can (15 oz.) whole kernel corn, drained
1 ½ cup chicken broth
3 whole skinless, boneless chicken breasts
Shredded cheddar cheese (optional)
Sour cream (optional)
Crushed tortilla chips (optional)

Directions

Place the onion, chili beans, black beans, corn, tomato sauce, chicken broth and diced tomatoes in a slow cooker. Add taco seasoning and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker on low heat, cover, and cook for 5 hours.

Remove chicken breasts from the soup and cool long enough to be handled; shred chicken. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired. Serves 8.

TIP: Reduce sodium content by choosing no salt added or low sodium canned products, or by rinsing the canned beans and corn with water and draining.

Nutritional analysis:

Calories: 167.4; Total Fat: 1g; Cholesterol: 6.1mg; Sodium: 1,375.2mg; Total Carbs: 33.8g; Dietary Fiber: 8.7g; Protein: 9.6g