



**First Choice**  
Staffing Solutions, LLC

## NEWSLETTER



OCTOBER 2008

TAMMY SAY'S



### Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. This nationwide educational campaign directly supports efforts such as CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) to increase public awareness of the importance of screening. A key date in the month-long campaign is **October 17<sup>th</sup>** the third Friday in October each year is National Mammography Day. On this day, or throughout the month, radiologists provide discounted or free screening mammograms. The National Breast and Cervical Cancer Early Detection Program supports critical breast and cervical cancer screening services for underserved women, including older women, women with low income, and women of racial/ethnic minority populations. CDC supports early detection programs in 50 states, the Districts of Columbia, five territories, and 15 programs serving American Indians/Alaskan Natives. These programs have provided more than 1.7 million screenings.



Other than skin cancer, breast cancer is the most common type of cancer among women in the United States. The age-adjusted incidence of invasive breast cancer reveals that white, Hawaiian, and black women have the highest rates in the [Surveillance, Epidemiology, and End Results \(SEER\)](#) regions.

### SCREENING



The main [screening tools](#) for breast cancer are breast self-exam (BSE), clinical breast exam (CBE), and mammogram. Decisions about screening test can be difficult. Not all screening test are helpful and most have risks. Before having any screening test, you may want to discuss the test with your doctor. It is important to know the risks of the test and whether it has been proven to reduce the risk of dying from cancer.

Although mammograms are the best way to find breast abnormalities early, they do have some limitations. A mammogram may miss some cancers that are present (false negative) or may find things that turn out to not be cancer (false positive). Detecting a tumor early does not guarantee that a woman's life will be saved. Some fast-growing breast cancers may already have spread to other parts of the body before being detected. Nevertheless, studies show that mammograms reduce the risk of dying from breast cancer.



### WHAT YOU CAN DO

Most doctors recommend that women in their forties and older should have mammograms regularly, every 1 to 2 years. Women should talk with the doctor about factors that can increase their chance of getting breast cancer. Women of any age who are at higher risk for developing this disease should ask their doctor when to start and how often to be checked.

Women can take an active part in the early detection of breast cancer by having regularly scheduled screening mammograms and clinical breast exams (breast exams performed by health professionals). Some women also perform breast self-exams so when doing a breast self-exam, it's important to remember that each woman's breast are different, and that changes can occur because of aging, the menstrual cycle, pregnancy, menopause, or taking birth control pills or other hormones. It is normal for the breasts to feel a little lumpy and uneven. Also, it is common for a woman's breast to be swollen and tender right before or during her menstrual period.

**Centers for Disease Control and Prevention  
Division of Cancer Prevention and Control**

1 (800) CDC-INFO  
[www.cdcinfo@cdc.gov](http://www.cdcinfo@cdc.gov)\*

**National Breast Cancer Awareness Month**

Toll-free (877) 88 NBCAM (877-886-2226)  
[www.nbcam.org](http://www.nbcam.org)\*

**Men against Breast Cancer**

Toll-free (866) 547-MABC (866-547-6222)  
[www.menagainstbreastcancer.org](http://www.menagainstbreastcancer.org)\*

**Avon Foundation Breast Care  
Fund Coordinating Center**

(212) 244-5368  
[www.avonbreastcare.org](http://www.avonbreastcare.org)\*

**AVON FOUNDATION BREAST CARE FUND**

On May 8, 2003, the CDC Foundation announced the commencement of the Avon/CDC Foundation Mobile Access Program. Through the Avon/CDC Foundation eight community organizations have been awarded grants to implement mobile mammography screening. Funding for the initiative was provided by a \$4.1 million dollar gift from the Avon Foundation.

**MEN AGAINST BREAST CANCER**

(MABC) is the first non-profit designed to educate and empower men to be effective caregivers when breast cancer strikes a female loved one. MABC targets and mobilizes men to be active participants in the fight to eradicate breast cancer.



***BIRTHDAY WISHES TOO:***

Patricia Neumans 10/4 , Traci Yawn 10/7,  
Lydia Troutman 10/10 Katrice Kimble 10/13,  
Trudy Lambert 10/13, Sally Waldorf 10/18,  
Betty Jenkins 10/23, Paige Cape 10/27,  
Nora Morris 10/27 and the Halloween birthday  
Gwen Mathis 10/31.

***Remember to watch for all the  
little Ghost and Goblins on  
Halloween Night.***



***CARLA'S CORNER***

***JCR challenges hospitals to increase flu  
Vaccination rates among healthcare workers***

Joint Commission Resources (JCR) has launched a Flu Vaccination Challenge to underscore the Responsibility hospitals have to help keep their Employees and patients healthy this flu season. The Flu Vaccination Challenge is designed to increase Flu vaccination rates among health care workers. According to the Centers for Disease Control and Prevention (CDC), in the 2005-2006 flu season, only 42 percent of surveyed health care workers received A flu vaccination. **In past years, flu infections have been documented in health care settings and health care workers have been implicated as the potential source of infections.**

JCR challenge begins September 01, 2008 and continues through the flu Season to May 2009. Hospitals that achieve a Vaccination rate of 43 percent or more will be Recognized for their dedication to helping keep their Employees healthy and helping to protect their patients. Hospitals can register and get more information at

[www.fluvaccinationchallenge.com/](http://www.fluvaccinationchallenge.com/).

