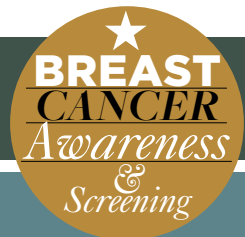


Main Street Hospital



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VOLUME 9, ISSUE 4

INTERVIEW
SHERYL CROW
Her Song of Gratitude

NEW GUIDELINES
for Detection of
BREAST
Cancer

This Issue
FOCUS
on
WOMEN'S
HEALTH



Interview

SHERYL CROW

A Newfound Song of Gratitude

Important Lessons Learned as a 10-Year Breast Cancer Survivor

DURING A CAREER that spans four decades as a singer/songwriter, Sheryl Crow has sold more than 50 million albums around the world. She's performed with the world's most famous musical artists, from the Rolling Stones and Willie Nelson to Tony Bennett and Pavarotti. But what many people don't know is that Sheryl is a breast cancer survivor.

The nine-time Grammy Award winner recently talked with *HealthPoint* about her experience dealing with the disease and the surprising life insights it revealed.

Q When were you diagnosed with breast cancer?

A It was February 2006. I had a mammogram scheduled that month, but believe it or not, I almost skipped the appointment. My life was very busy at that time, and it just seemed like an inconvenience. I had become complacent,



I suppose, thinking "what's the use of another test that will show nothing is wrong." But then I decided to go ahead. That decision may have saved my life. The mammogram showed a suspicious area. At first I was told that it was probably nothing, just some calcification perhaps, and to come back in six months for a follow-up.

Q Is that the action you decided to take?

A FORTUNATELY, NO. My Ob/Gyn told me that waiting six months was ridiculous and to have a biopsy performed immediately. That's when I learned I had breast cancer. There's no way of knowing exactly how far the cancer might have developed if I had waited those six months, but I'm so grateful for the advice my Ob/Gyn gave me.

Q What treatment did you receive?

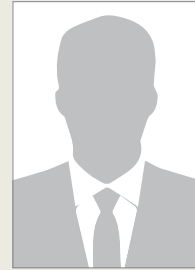
A I HAD A LUMPECTOMY and then seven weeks of radiation therapy. Today I've been cancer-free for almost 10 years though I still have a mammogram every six months.

Q What lessons have you learned from this experience?

A MANY. I have a new sense of gratitude—for the love and care my family gave me during my treatment and for just being alive today. I'm also thankful for the many advances



A MESSAGE FROM OUR CEO



JOHN DOE
CEO

Free for Life

Don't be one of the almost 40% of women over the age of 45 who are not up to date with their mammograms.

WOULD YOU BE interested in a free medical screening that could save your life and takes only 20 minutes to perform? Of course you would. And now, because of the Affordable Care Act, a mammography exam is free for all women who are over 40 years of age and have no symptoms of breast cancer. You can schedule a free mammogram every 1 or 2 years, depending on your health insurance coverage. Just contact your health insurance company to see what your plan provides. Don't be one of the almost 40% of women over the age of 45 who are not up to date with their mammograms. Schedule yours today. You don't need a prescription from your doctor, and it may just be the most important thing you do today. ©



“When I was diagnosed with breast cancer, I had to change those life patterns and learn how to take of myself.”

that have been made in detecting and treating breast cancer. For example, 30 years ago, my cancer would have meant a mastectomy, a complete removal of the breast.

I also learned a very important insight about myself. Before breast cancer, my self-appointed position was to take care of other people first. Letting other people take care of me was difficult if not impossible. I didn't know how to say “No” when somebody asked for help. When I was diagnosed with breast cancer, I had to change those life patterns and learn how to take care of myself. That's the great lesson that this experience taught me. I became strong enough to allow myself to be vulnerable, to ask for help.

Q What advice do you have for people who have breast cancer?

A WHEN YOU'RE IN THE MIDDLE of a stressful situation like being treated for breast cancer, there is always a great deal of uncertainty. So it's very helpful to do things that make your life feel as normal as possible. Just simple things. In my case, continuing to ride my horse really helped me. You need to let people help you with everyday chores, like doing the laundry, but you also need to make sure people respect your privacy. My family knew exactly how to do that. They were so wonderful. They were always there



to support me, but they always knew when to give me some space.

Q Sheryl do you have any final thoughts?

A I BELIEVE EDUCATION and awareness are critical. So I'm serving as the spokesperson for a new breast cancer educational campaign with a company that has developed a 3D mammography system. This technology can detect up to 41 percent more invasive cancers than a conventional mammogram. For many women, that can mean earlier detection, which was so critical in my case. When detected early, the breast cancer survival rate is close to 100 percent. That's the reason I strongly encourage women to never miss their annual mammogram exam. There really is no excuse. ©



When it comes to your annual mammogram, your excuses are over.

Live It Out!

New Mammography Screening Guidelines

THE AMERICAN CANCER SOCIETY recently announced new mammography screening guidelines for women with an average risk for breast cancer.

- ▶ **Women ages 40 to 44:**
An annual mammogram is optional.
- ▶ **Women ages 45 to 54:**
A mammogram every year.
- ▶ **Women ages 55 and older:**
A mammogram every two years or every year if they choose.

Women who have a high risk for breast cancer should have both an MRI and a mammogram. Talk to your personal physician for more information.

Source: American Cancer Society

Do you really want to die from a highly curable disease like breast cancer?

THE ANSWER, UNFORTUNATELY, IS "YES" if you are a woman over 45 and not up to date with your annual mammogram. It's time to get real and get over the many excuses that are used to avoid this yearly screening for a disease that will affect 1 in 8 women during their lifetime.

Excuse 1 "It's too expensive."

Actually, your mammogram is free if you are a woman over 40 years of age and have no symptoms of breast cancer. No copays. No deductibles.

Excuse 2

"It's too painful."

Not true. Your screening may be a bit uncomfortable, but that discomfort usually lasts only a few seconds.

Excuse 3

"I don't want to know I have breast cancer and then die."

The survival rate for breast cancer diagnosed at an early stage is 98%! And having a mammogram is the best way to detect the disease early.

Excuse 4

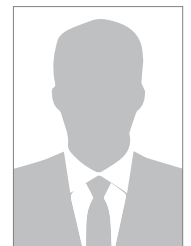
"I'm safe because breast cancer doesn't run in my family."

Consider this: More than 85% of women diagnosed with breast cancer have no family history.

Excuse 5

"My last mammogram was negative so I can skip a year or two."

Not a good idea. Changes in your breast can happen quickly. And the earlier the detection, the greater is the chance of a successful treatment.



John Doe, MD
Specialty

BREAST CANCER

Are You at Risk?



The answer is yes.

About 1 in 8 women will be diagnosed with breast cancer during their lifetime.

IN FACT, breast cancer is the most common form of cancer among American women except for skin cancer.

Here are some of the most important risk factors you should discuss with your doctor.

Your age: The older you are, the greater your risk for breast cancer. For example, only 1 in 227 women will develop breast cancer during the 10 years after age 30. But by age 70, the chances of developing breast cancer during the next 10 years is 1 in 26.

Your family history: Having a mother, sister or daughter with breast cancer doubles a woman's risk. Still, it's important to remember that less than 15% of women with breast cancer have a family history.

You have dense breast tissue: The risk of breast cancer can be up to 2x higher for women with dense breast tissue.

You use alcohol: A woman who has 2 to 5 drinks each day increases her risk for breast cancer by up to 50 percent.

Other risk factors: include being overweight, lack of physical exercise, birth of a first child after age 35 and having hormone therapy after menopause. ©

Source: American Cancer Society, National Cancer Institute

WOMEN & OSTEOPOROSIS



MAKING NOISE ABOUT THE SILENT DISEASE

It's called the "Silent Disease" because there are no symptoms. Then suddenly, out of nowhere, a person suffers a broken bone, often in the hip, wrist or spine. And if that person is elderly, the medical consequences can be serious, even life-threatening.

We're talking about osteoporosis, a disease that causes structural deterioration of the bone tissue. With osteoporosis, the bones eventually become so weak that even a minor fall can cause a break.

It's estimated that 28 million Americans currently have osteoporosis. In addition, 55% of people age 50 and older are at risk for the disease. Women have a much higher risk for the disease, accounting for about 80% of the cases.

Testing Is Critical.

Because there are no symptoms with osteoporosis, it's extremely important to have a bone density test, which is the only way to detect the disease. Women who are 65 and older should be tested as well as postmenopausal women under the age of 65 if they have one or more risk factors.

A DEXA Scan is one of the most accurate ways to measure bone density. In less than 10 minutes, this safe, painless, non-invasive procedure uses a low dose of X-ray radiation (about 1/10 of the amount used for a chest X-ray) to measure the quantity and quality of the material inside your bones. Talk to your OB/GYN or personal physician to see if you need to schedule a bone density test.

Source: Mayo Clinic, webMD



This Issue

FOCUS

on

WOMEN'S

HEALTH

*Declines in
cancer death
rates continue
thanks to more
screenings, better
technology.*

**ALL THE
WAYS
WE CARE**



Good News

in the Fight Against Cancer

AT MAIN STREET HOSPITAL, we're on the front lines in the fight against cancer, providing the medical expertise and imaging technology for the detection, diagnosis and treatment of the second most common cause of death in the United States. So it's definitely good news to know we're doing our part and making real progress in battling this all-too-common disease.

ACCORDING to a recent report by the American Cancer Society, the death rate from cancer has decreased an amazing 23 percent since its peak in 1991. To put that decrease in more dramatic terms, thanks to the decline in cancer death rates, more than 1.7 million cancer deaths were averted from 1991 to 2012, the last year in which data is available.

According to the American Cancer Society, there are three main reasons for this remarkable decrease: fewer people are smoking, improvements in the treatment of cancer, and the success of early-detection screenings of cancer.

Here's a look at both the progress that's been made and as well as the areas that need improvement in detecting and treating the most common forms of cancer in women.

Breast CANCER

☼ THE DEATH RATE for female breast cancer has decreased an amazing 36% since it peaked in 1989.

Screening Recommendation

→ **AS A GENERAL RULE**, women should start having a mammogram screening starting at age 45. For the specific guidelines recommended by the American Cancer Society, see the "Live It Out" article on page 4.

Lung CANCER

☼ In women, the death rate for lung cancer dropped 13% between 2002 and 2012.

☼ Lung cancer is the leading cause of cancer death among women.

Screening Recommendation

→ **A YEARLY LUNG CANCER SCREENING** using a low-dose CT-scan is recommended for women who have a history of heavy smoking (either smoke

now or have only quit within the past 15 years) and are between 55 and 80 years old.

Cervical CANCER

☼ During the past 30 years, the death rate for cervical cancer in women has decreased by more than 50%!

☼ The main cause for this decline is the increased use of the Pap test: a recent study found that only 11% of women are not being screened regularly (at least every three years) for cervical cancer.

Screening Recommendation

→ **HAVE A PAP TEST** starting at age 21 according to the following schedule.

→ **WOMEN UNDER AGE 21** should not be tested.

→ **WOMEN AGES 21 TO 29:** Pap test every three years, but no HPV test unless the Pap test is abnormal.

→ **WOMEN AGES 30 TO 65:** The preferred approach is to have a Pap test AND an HPV test every five years. You can also have the Pap test alone every three years.

→ **WOMEN OLDER THAN 65:** Testing should stop if your previous tests have been normal. Women who have been diagnosed with pre-cervical cancer should continue to be screened.

Colon (Colorectal) CANCER

☼ Colon cancer death rates have dropped a remarkable 30% in the last 10 years in men and women 50 and older, mainly because more people are getting the recommended screening test.

☼ The use of a colonoscopy, the most common test for colon cancer, increased from 19% in 2000 to 55% in 2013 among adults aged 50 to 75 years.

☼ Still, more than 40% of adults over age 50 are not up to date with their screening test for colon cancer.

Screening Recommendation

→ **A COLONOSCOPY EVERY 10 YEARS** or a virtual colonoscopy every five years to check for colorectal cancer.

Ovarian CANCER

☼ The death rate from ovarian cancer declined 18% from 1992 to 2011.

☼ Although it is only the eighth most common cancer in American women, ovarian cancer is the fifth leading cause of cancer death, mainly because it is so hard to detect early.

Screening Recommendation

→ **A PELVIC EXAM** by a healthcare professional can be helpful, but many tumors are difficult if not impossible to find, even by a skilled practitioner. There are two screening tests available—a transvaginal ultrasound and a CA 125 blood test—but neither is considered completely reliable.

Uterine CANCER

☼ Uterine cancer is one of the few cancers where the number of cases is increasing.

☼ The rise of obesity, which is a risk factor for the disease, is considered one of the primary causes of this increase.

Screening Recommendation

→ **UNFORTUNATELY**, the symptoms of uterine cancer are often not detected until the disease has advanced. So

be sure to see your doctor if you have any vaginal bleeding, spotting or other discharge. Pelvic pain and losing weight without trying to can also be symptoms.

Sources: American Cancer Society, National Center for Biotechnology Information, CDC



John Doe, MD
Specialty

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BREAST CANCER *BY THE NUMBERS*



1 in 8	Odds that you will be diagnosed with breast cancer if you are a woman.
Every 2 min.	How often a woman in the United States is diagnosed with breast cancer.
40,450	Number of deaths caused by breast cancer in 2016.
246,660	Number of new cases of invasive breast cancer in American women in 2016.
250,000	Number of American women under 40 who have been diagnosed with breast cancer.
2.8 million	Number of breast cancer survivors alive today in the United States.

Source: webMD, American Cancer Society

MAXIMIZE YOUR HEALTH INSURANCE BENEFITS

*Take Care of Your
Medical Needs Before
Your Deductible Resets*

► **HAVE YOU MET THE DEDUCTIBLE** on your health insurance plan? By this time of year, most people have. And that makes October, November and December the best time to take care of those medical needs you've been putting off—whether it's a minor surgery or a colonoscopy.

► **BY ACTING NOW, YOUR OUT-OF-POCKET EXPENSES WILL BE MINIMAL OR PERHAPS NOTHING AT ALL.** But if you wait until after January 1, 2017 (when most insurance deductibles usually reset), you will to pay the full amount of your deductible before your insurance starts to provide benefits.

► **NOT SURE WHERE YOU STAND WITH YOUR HEALTH INSURANCE DEDUCTIBLE?**

A quick call to your insurance provider will give you the information you need. So get a head start on a healthier future by taking care of those overdue medical needs you've been avoiding.