



# Hometown health

Fall 2022

Actress and  
Singer/Songwriter

## Rita Wilson's Second Act

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**BREAST CANCER:  
WHAT EVERY  
WOMAN SHOULD  
KNOW**

**CANCER-  
FIGHTING  
FOODS**





# Rita's Second Act

**After beating breast cancer, Rita Wilson is making the most of her second career**

Rita Wilson is a woman of many talents. As an actress, she's been featured in films like *Sleepless in Seattle* and *That Thing You Do*, written and directed by her husband, Tom Hanks. As a producer, she helped bring the highly successful independent film *My Big Fat Greek Wedding* to the screen. Then, 10 years ago, Rita decided to embark on a new career as a singer/songwriter with the release of her first album *AM/FM*. Unfortunately, that second act was interrupted in 2015 when Rita was diagnosed with breast cancer. She recently spoke to *My Hometown Health* about her battle with cancer, the importance of getting a second opinion, the healing power of music and her future plans.

***In 2015, you were diagnosed with breast cancer. What was that like?***

No one ever wants to hear "you have cancer." I was able to get excellent care from my doctors in New York City,

where I received treatment because I was there doing a play on Broadway with Larry David. You take things one day at a time and for me, having faith in God made things easier.

***What was the underlying condition that put you at greater risk for breast cancer?***

I had been diagnosed many years earlier with LCIS (Lobular Carcinoma in Situ). I managed that by having regular yearly mammograms and breast MRIs. The LCIS turned into PLCIS (Pleomorphic Carcinoma In Situ), which can be associated with some forms of breast cancer. I then had my first of two surgical biopsies to confirm cancer.

The initial pathology report said you did not have cancer. Why did you decide to get a second opinion? My gut was telling me that something didn't feel right. My instincts were nagging at me. A friend of mine who had gone through breast cancer twice suggested getting a second opinion on the pathology, which I did. It came back that I had cancer. I then got a third opinion, and it, too, came back that I had cancer.

***What helped you deal with the stress after your diagnosis?***

Music, meditation, walking, prayer, laughter, comedies. You cannot underestimate the power of entertainment when you are trying to ease your mind. I also had a lot of friends who had breast cancer or other illnesses, and they helped me navigate the fears and anxieties that go along with a diagnosis that can be scary.

***You have also mentioned that music has been a source of healing. Tell us about that.***

I wrote a lot in the months after my diagnosis. In fact, one of my favorite songs, "Throw Me A Party," came from a writing session after I told my husband I wanted to have a big party, a celebration, if I should go before him. It was a way to confront my fears and to soothe myself at the same time. I have been so honored to hear from many people who have used the song for a loved one's celebration of life. It is amazing how so many people have the same desires for how they would like to be remembered after they are gone.

***What inspired you to become a singer/songwriter?***

I have always wished I could play an instrument. I believed all song writers have a musical talent with an instrument. I didn't know that you could be a songwriter and have no experience with an instrument until I met Kara Dioguardi. She told me she didn't play an instrument either, and asked me a very fateful question about songwriting: "Do you have something you want to say?" The answer was a resounding "YES!" and Kara wrote my first two songs with me, along with Jason Reeves. That was my beginning. I am so grateful to Kara for that.

***What's your next music project?***

I have a new album coming out this fall. Singles were released this summer. You will be hearing more about it soon. I am very excited about this project!

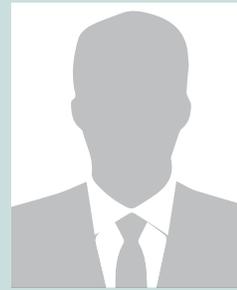
**How are you feeling today? Any final thoughts you'd like to share?**

I feel balanced. I feel centered. Even if things are not ideal at times, I have an awareness and a faith that "this too shall pass."

I feel enormous gratitude every day for just waking up, for having been blessed with incredible parents, because so much starts there. My own family members all have good health and are thriving. Every day is a gift. ■

“Even if things are not ideal at times, I have an awareness and a faith that “this too shall pass.”

**A MESSAGE FROM OUR CEO**



**JOHN DOE, CEO**

## The **Big C**

When John Wayne was diagnosed with lung cancer in 1964, the Hollywood star called the disease Big C. “Sure, I licked the Big C,” Wayne said during a press conference. With those words, The Duke helped the public become more aware and gain some control over this terrible disease. We have come a long way in the treatment of cancer since then. Still, approximately four out of 10 Americans will develop cancer in their lifetime. Because the Big C impacts so many lives and families, this issue of *My Hometown Health* is focused exclusively on cancer. We hope this far-too-common disease never affects your family, but if it does, we are ready with the diagnostic services, time-tested treatments, expertise and resources—all close to home—to help you lick the Big C.

► **To learn more, visit us at [HometownHospital.com](http://HometownHospital.com)**

## Breast Cancer: What Every Woman Should Know



Breast cancer is the most common form of cancer in American women except for skin cancer. In fact, about 30 percent of all new female cancers each year are breast cancer. Protecting yourself starts with knowing your risk factors and staying up to date with your mammograms.

### Primary Risk Factors You CANNOT Control

- **Age:** Most breast cancer occurs after age 50.
- **Family History:** You are more at risk if you have had a mother, sister, daughter or multiple family members on either side of your family who have had breast or ovarian cancer.
- **Dense Breasts:** About one in 10 women have dense breasts, which have less fatty tissue and more connective tissue. Dense breasts can also make it harder to see tumors on a mammogram.
- **Reproductive History:** If your menstrual period started before age 12 or menopause started after age 55, you have been exposed to hormones longer, raising your risk of breast cancer.

### Certain Risk Factors You CAN Control

- Not being physically active.
- Being overweight or obese after menopause.
- Taking hormones that include both estrogen and progesterone.
- The more alcohol you drink the greater the risk.

### When to Have a Mammogram

A mammogram, which is a low-dose X-ray of the breast, is considered the best way to detect breast cancer early.

- **Ages 40 to 44:** You have the option to start having an annual breast cancer screening.
- **Ages 45 to 54:** Have a mammogram every year.
- **Age 55 and older:** You can decide to have a mammogram every two years or continue the annual screening.



### How to Prepare

Try to schedule your appointment at the same facility every time so it is easy to compare your mammogram to previous ones. In the days before your exam, consider cutting back or not drinking caffeine, which can make your breasts more tender. On the day of the exam, don't use deodorant, powders, lotions, creams or perfumes under your arms or around your breasts, and wear clothing that makes it easy to undress above the waist.

### What to Expect

A mammogram technician will place you in front of a machine that will take four images, two views of each breast. For each image, your breast to be compressed for 10 to 15 seconds. You will be asked to hold your breath so motion doesn't affect the images. You may feel some discomfort. If the sensation becomes painful, tell your technician. You should receive your results within two weeks. About 10 percent of women get called back for additional testing. If you do, this does not mean you have cancer. In most cases, the radiologist looking at your mammogram needs a clearer image.



John Doe, MD  
Specialty

Sources: CDC, American Cancer Society, The Iowa Clinic

# FOOD Fighters

## Your Anti-Cancer Diet

Remember the phrase an apple a day keeps the doctor away? Well, when it comes to fighting cancer, that saying rings true. According to a number of scientific studies, apples are one of the many foods that may help prevent cancer. Here's a list of some other foods that are healthy additions to your daily diet.



### • Berries

Berries, such as blueberries and blackberries, are rich in vitamins, minerals and dietary fiber. They are also high in antioxidants, which protect the body from free radicals, byproducts of the body's chemical processes, that can attack healthy cells.



### • Cruciferous Vegetables

Don't worry. Cruciferous is just the name of a family of vegetables that includes broccoli, cauliflower, cabbage, kale and Brussel sprouts. These vegetables are also rich in vitamin C, vitamin K and manganese.



### • Carrots

Carrots contain high amounts of beta-carotene, which gives the vegetable its orange color. Beta-carotene supports the immune system. One study showed a higher consumption of carrots reduced the risk of stomach cancer by 26 percent.



### • Fatty Fish

Salmon, mackerel, anchovies and other fatty fish are high in omega-3 fatty acids, which can lower the risk of colorectal cancer by 53 percent according to one study.



### • Walnuts

Nuts in general and walnuts in particular have cancer-preventing properties.



### • Legumes

Legumes, such as beans peas and lentils, are high in fiber, which may help lower the risk of developing cancer.



### • Foods to Avoid

Some foods can actually increase your risk of developing cancer, especially in large quantities. Avoid processed meats like hot dogs, bacon or deli meats, and limit red meat. Choose chicken or fish instead. Limit your alcohol intake to no more than one to two servings per day.

► To learn more, visit us at [HometownHospital.com](http://HometownHospital.com)

Sources: AARP



*All The Ways We Care*

# Hi-Tech Meets

Our approach to treating cancer combines hi-tech diagnostic equipment and treatment with the compassionate care that only a hometown hospital can deliver.

## **The Power of Close to Home**

There are many benefits to staying close to home for your cancer care. Local care eliminates the stress and expense of traveling to an out-of-town facility that could be hundreds of miles away.

Having care that is convenient is especially important for radiation therapy and chemotherapy. Both of these therapies can leave you feeling tired and fatigued. The last thing you need is to endure a long trip or being away from the comfort of your home.

When your cancer care is close to home, friends and family are nearby and able to provide their encouragement and assistance. It is hard to underestimate that kind of emotional support when you have been diagnosed with cancer.

## **Don't Forget Follow-Up Care**

All cancer patients need to have follow-up care once treatment is completed. These

# Hometown

## Our Unique Approach to Cancer Care

check-ups may include blood work and other tests and procedures. Follow-up care is important to detect new or returning cancer, manage the side effects related to the treatment, and provide referrals to community resources and local support groups.

The frequency of follow-up visits is based on the type of cancer, the treatment you received, and your overall health. As a general rule, during the first two or three years after treatment, a follow-up appointment is recommended every three to four months and once or twice a year after that.

We also offer lifestyle and nutritional services to improve a patient's overall health. Quitting smoking and reducing alcohol consumption can reduce the risk of cancer. Eating a healthy diet, losing weight and starting a regular exercise program are all beneficial and need to be part of a cancer recovery plan.

### Making the Diagnosis

The first line of defense in diagnosing cancer is an annual physical exam, which can detect some cancer in its early stages, especially skin cancer, when treatment is most effective. Your primary care provider will check for lumps and enlargements of an organ that may be signs of cancer.

If anything suspicious is found, the next step is to order laboratory tests of the blood and urine and/or diagnostic imaging. In addition to diagnosing cancer, our hi-tech imaging services are also used to determine the effectiveness of treatments in patients who have cancer. They include:

**Digital X-Rays:** Commonly used to diagnose bone cancer and lung cancer, especially in its early stages.

**Ultrasound:** This technology uses high-frequency sound waves to create images that help diagnose cancer, especially of the reproductive system and urinary system.

**Biopsy:** If cancer is suspected, a biopsy can be performed to collect a sample of cells for laboratory testing in order to provide a definitive diagnosis.

**MRI:** This technology produces detailed images without radiation by using a large magnet system.

**Mammography:** A low-dose X-ray of the breast, a mammogram is considered the best way to detect breast cancer early.

**CT Scan:** A computer processes a series of X-rays to produce accurate, high-quality 3-D images.

**Nuclear Medicine:** A tracer containing a very tiny amount of radioactive material is injected into the blood. A camera is then used to detect cancer cells.

### Treatment Services

**Surgery** is a common treatment for many types of cancer and works best when the cancer is localized, that is, when the cancer is found only in the tissue or organ where it began. The surgery physically removes all or part of the cancer as well as some surrounding tissue if needed. In many cases, surgery is followed by chemotherapy and/or radiation therapy to make sure the cancer is completely gone.

**Chemotherapy** uses drugs to kill the cancer cells, especially the fastest growing cells. For decades, chemotherapy has been an effective and reliable treatment. The drugs can be taken orally, through an IV or injection, or topically using a cream that is applied to the skin. In most cases, many rounds of chemotherapy are required over several weeks or months.

**Radiation therapy** uses X-rays to kill cancer cells by preventing them from growing and dividing. The most common form of radiation therapy is External Beam, which aims X-rays at the tumor from outside the body. Internal Beam is another form of radiation therapy. In this case, the radiation is delivered inside the body through a radioactive seed placed into or near the tumor. It can also be given with an injection or through an IV.

► **To learn more or to schedule an appointment with a primary care provider, visit [HometownHospital.com](http://HometownHospital.com).**



**John Doe, MD**  
Specialty

Sources: Cedars-Sinai, American Academy of Dermatology Association

## INSIDE THIS ISSUE



Rita  
Wilson



Are You  
at Risk?



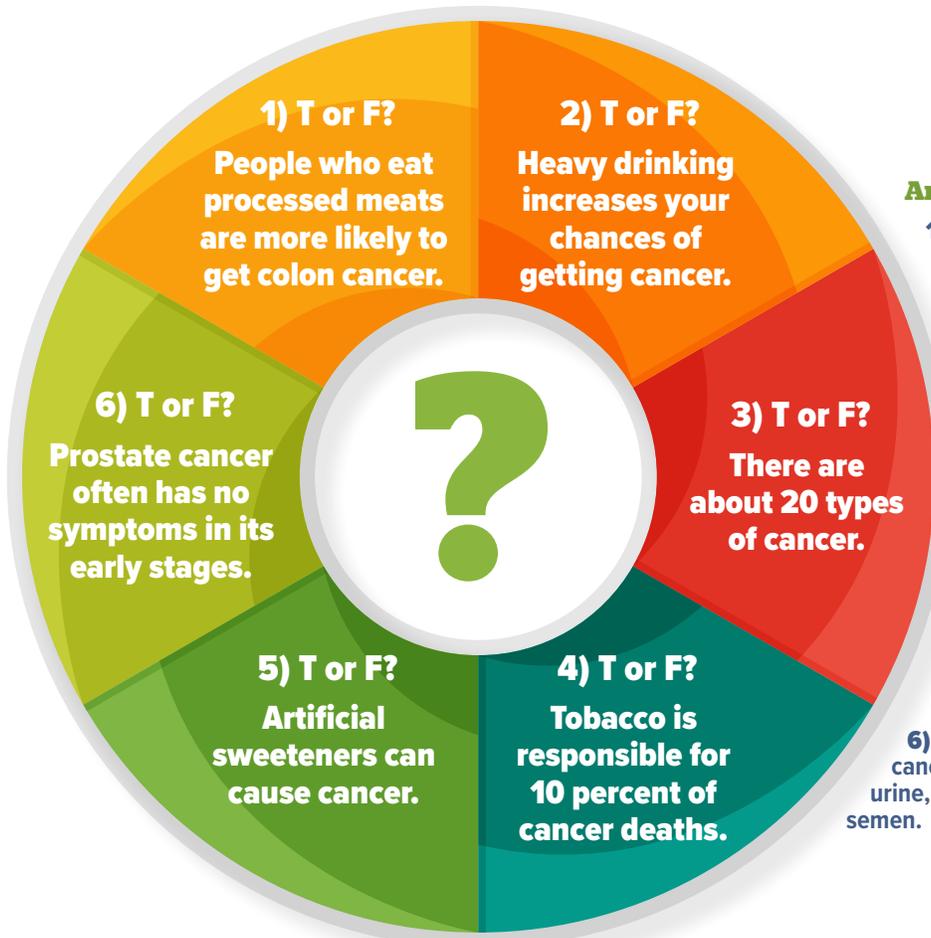
Food  
Fighters



Hi-Tech  
Cancer  
Care

# Check Your Cancer IQ

Test your knowledge about cancer facts by answering these six true-or-false questions.



### Answers:

- 1) True.** People who eat red meat or processed meat four or more times a week increase their risk of colorectal cancer by 20 percent.
- 2) True.** The less alcohol you drink, the lower your risk of cancer.
- 3) False.** In fact, there are more than 100 types of cancer that can affect any part of the body.
- 4) False.** Tobacco is responsible for about 22 percent of cancer deaths. Smoking is the single largest preventable cause of cancer.
- 5) False.** There is no scientific evidence that artificial sweeteners cause cancer.
- 6) True.** Signs of advanced prostate cancer, however, include trouble passing urine, back pain, and blood in the urine or semen.

Sources: CNN, American Cancer Society, cancer.org