

News 4 You

An Iron County Medical Center Monthly Newsletter

A NOTE FROM JOSHUA

First off, I'd like to recognize the ICMC Auxiliary Club and all the many volunteers that stepped up to help out with our booth at the Reenactment. We had a fantastic turn out and donations from Auxiliary members, staff and vendors to benefit ICMC. A special thank you to Jim Broombaugh and Mark Natale for the extended hours they put in to set up, supply and wrap up the event. The tireless efforts of all involved was testament to the engagement of everyone in our Hospital District's success. A heart felt thank you to all involved.

October is shaping up to be another busy month for ICMC. We have our upcoming **Quarterly Town Hall Meetings**:

- Tuesday, October 10th at Thee Abbey, 6:30pm
- Thursday, October 12th, at the Community Betterment Center in Annapolis, 6:30pm
- Monday, October 17th, at the Viburnum City Hall, 6:30pm

Come and hear the latest updates on how our Hospital District is doing and let us know how we can improve to better meet your needs.

Orthopedics are here again! We are welcoming Dr. Dale Doerr, M.D., Orthopedic Surgeon to our team. With his vast experience and expertise we are looking forward to being able to perform a greater number and variety of Orthopedic Surgeries right here at ICMC than ever before. Our goal is to continue to bring high quality care to you right here at home to ensure you get the care you need as close to home as possible.

Financially we continue to make strides as we work to incorporate industry best practices in all we do. ICMC appreciates all your support as we continue to work on getting things turned back around. Remember, this isn't a sprint, but rather a marathon. We are off to a good start but we still have a long ways to go. With your support, we can and will ensure that ICMC is here for the long term to continue providing high quality care right here at home.

Joshua Gilmore, CEO

OCTOBER IS BREAST CANCER AWARENESS MONTH: WHAT IS BREAST CANCER, SYMPTOMS AND TREATMENTS.

What is breast cancer?

The cancer typically affects women over the age of 50, but it is possible for younger women to find cancerous tumors too. Men can also get breast cancer but it is much more rare.

If symptoms are caught early, there is a good chance of recovery with treatments currently available.

That's what Breast Cancer Awareness Month is all about – ensuring women know how to check for lumps and encouraging them to get suspicious bumps checked out.

Causes of breast cancer are said to include your age, family history of breast cancer, a previous diagnosis, being tall, overweight or obese and excessive use of alcohol.

There are two main types of breast cancer – non-invasive (called carcinoma in situ) which is found in the ducts of the breast and invasive breast cancer which is the most common type and develops in the cells that line the breast ducts. The former doesn't usually spread outside the breast while the latter can. Rarer types of breast

cancer include invasive, lobular breast cancer, inflammatory breast cancer and Paget's disease of the breast.

When breast cancer spreads to other parts of the body, this is known as metastatic or secondary breast cancer.

What are the main symptoms of breast cancer?

Approximately 90% of breast lumps are non-cancerous – despite that any new lumps should be checked by a doctor. Other symptoms include:

- Nipple discharge
- Change in size or shape of breast
- Lump or swelling in the armpit
- Dimples appearing on the skin of your breast
- Nipple rash 6) Nipple becoming sunken into breast

How is breast cancer diagnosed and treated?

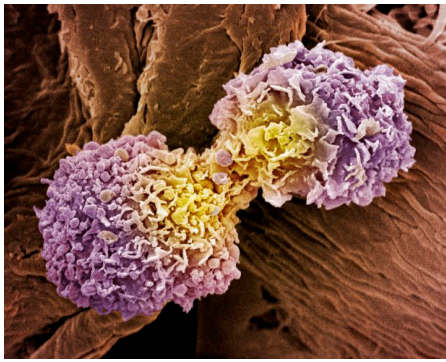
Diagnosing breast cancer usually involves an initial appointment with a GP, which will include an examination, and a referral for a mammogram or ultra sound at a hospital. If necessary, a biopsy may be taken.

A mammogram is usually on older patients, where breast tissue is less dense, and includes an X-Ray of the breast.

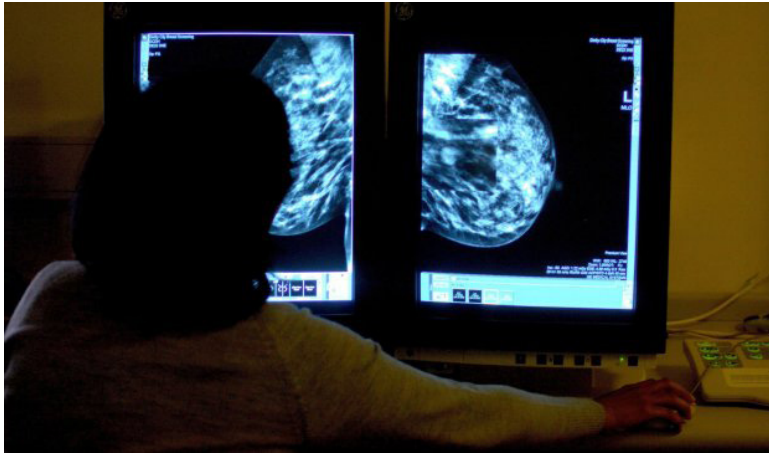
Women over the age of 50 are often invited for a breast cancer screening every three years as the risk of breast cancer increases with age.

Treatments for breast cancer include surgery, chemotherapy and radiotherapy. Sometimes, hormone or biological treatments are also used.

Secondary breast cancer isn't usually curable so often treatments are simply to achieve remission – which is symptom relief.



Can breast cancer be prevented?



It still isn't clear what causes breast cancer so it is difficult to know whether there is anything that can be done to prevent getting it. However, doctors do recommend maintaining a healthy weight, exercising regularly and ensuring you do not drink too much or take too much saturated fat.

The reason doctors believe being overweight is a risk factor is because the body will produce more oestrogen.

ANNOUNCEMENTS

October is Breast Cancer Awareness Month and we look forward to seeing the department's decked out in **PINK!**

Don't forget about the door decorating contest and daily trivia with prizes. Watch your email for other fun activities going on throughout the month! Dig out your PINK and wear it all month and don't forget to wear your ICMC Breast Cancer Awareness shirts on Fridays!

OCTOBER BIRTHDAYS

October 2 Audrey White Lindsey Colyott	October 14 Elliot Sisk	October 20 Emily Brickey	October 26 Paula Thompson
October 5 Connie Inman	October 16 Jessica Chamberlain	October 22 Justina Reed	October 27 Gloria Watson
October 7 Joshua Gilmore	October 17 Daytona Brown	October 24 Kevin White Kathleen Spence	October 30 Marsha Aspenwall

OCTOBER RECIPES

You can reduce your risk of breast cancer by eating right and maintaining a healthy body weight. These recipes will help you kick start a healthy lifestyle!

Black Bean and Butternut Squash Chili

Loaded with nutritious and fiber-full veggies and beans, this comforting chili fills you up without weighing you down.

Serves 6 / Prep Time: 30 minutes or less / Total Time: 1 hour or less

1 T canola oil	1 (14 ½ oz) can vegetable broth or reduced-sodium chicken broth
2 garlic cloves, minced	
1 onion, chopped	1 (10 oz) can diced tomatoes with chiles, such as Ro*Tel
1 red bell pepper, seeded and chopped	1 (15 oz) can no-salt-added corn, drained
2 T chili powder	1 (15 oz) can black beans, rinsed and drained
2 t ground cumin	
1 t dried oregano	Salt and freshly ground black pepper
5 cups peeled, seeded butternut squash, cut into 1-inch pieces	

In a large stockpot over medium heat, add oil. Sauté the garlic, onion and bell pepper for 8 to 10 minutes or until softened. Add chili powder, cumin and oregano and stir to combine. Add squash, broth and tomatoes and their juice and bring to a boil, stirring to combine.

Reduce the heat, cover and simmer for 20 minutes, stirring occasionally. Add corn and beans and simmer for 5 to 10 minutes, or until the squash is tender, stirring occasionally. Season with salt and pepper.

Two-Bite Brownies

Makes 20-24 brownies / Prep Time: 15 minutes or less / Total Time: 30 minutes or less.

½ cup all-purpose flour	1/3 cup butter, melted
¼ cup unsweetened cocoa powder	2/3 cup granulated sugar
¼ t baking powder	1 t vanilla extract
Pinch of salt	1 egg, beaten
	1 T mini chocolate chips

Preheat the oven to 350 degrees. Lightly coat two mini muffin tins with nonstick cooking spray.

In a bowl, combine flour, cocoa, baking powder and salt.

In a bowl, combine butter, sugar, and vanilla. Add egg and beat until well blended. Add dry ingredients and stir well to combine. Stir in chocolate chips. Spoon heaping teaspoons into muffin cups.

Bake for 8 to 12 minutes or until tops just bounce back when touched. Do not over bake. Leave in tins for 5 minutes before removing to a cooling rack.