

2013

REVIEW

SEPTEMBER



Your Partner in Health

October is Breast Cancer Awareness Month

As the area's leader in women's health services, Port Huron Hospital is well known and respected for breast cancer services – from its Breast Imaging Center of Excellence to its treatment programs and support groups. I am proud of the fact that Port Huron Hospital's Community Cancer Program is the only hospital in Michigan to have earned the Commission on Cancer 2012 Outstanding Achievement Award during the 2012 survey period, and is one of eight hospitals in the country to earn back to back Outstanding Achievement Awards. We have a number of special breast cancer awareness programs taking place in October. Visit our website to learn more about them.

Thomas DeFauw, President and Chief Executive Officer

The Area's Leader in Women's Health Services

Free screening mammograms available

"At Port Huron Hospital Women's Wellness Place we believe that screening mammography is vital to the early detection of breast cancer," says Julie Murray, RN supervisor of Women's Wellness Place. "We know there are women with financial issues who put off important health screenings. We want to make screening mammograms possible for them."

The National Cancer Institute (NCI) confirms that screening mammography is very important in the early detection of breast cancer and can reduce the number of breast cancer deaths among women ages 40 to 74. NCI also sees it as the gateway for early treatment to stop the spread of the disease.

During the month of October, Port Huron Hospital Women's Wellness Place, a designated Breast Imaging Center of Excellence by the American College of Radiology, will offer a limited number of free screening mammograms for women without insurance who have never had a mammogram, as well as for women without insurance who need their screening mammogram. To schedule a free mammogram during October, call

Women's Wellness Place beginning September 17 at 810.985.2663. A physician's order for the mammogram will be needed.

How to Share the News About Your Cancer

Talking with friends and family is healthy and may help you cope. But it can also be stressful finding the right way to talk to them. Try the following advice when you decide to share your diagnosis:

- **Use words that are comfortable for you.** There's no one right way to discuss your disease.
- **Get help.** The decision to discuss your diagnosis is a private one. You may find in the beginning you only want to tell a few friends and family members. You may want to tell some personally, then ask some of those you've told to follow up with others.
- **Plan ahead.** Most people will have questions about your prognosis or next steps. Think about how much you want to share – it's up to you. There may be topics you feel uncomfortable discussing, such as treatment choices. Consider how you will respond.
- **With children, be gentle but honest.** They'll sense something is wrong and should hear about your cancer from you. Be calm and assure them they'll be cared for.

CELEBRATE THE SISTERHOOD

Port Huron Hospital's 10th Annual Breast Cancer Survivor Brunch will feature a familiar face as the keynote speaker. Ardie Hayes, registered nurse and breast cancer survivor, will discuss *Sharing the Sisterhood*. Prior to retiring from Port Huron Hospital, Ardie was both a Breast Health Nurse and an Outreach & Education Nurse Clinician.



"There is a sisterhood of breast cancer survivors, an invisible bond between women who have had breast cancer," she says. "As a sisterhood we have a mission to educate women, including younger women, about doing breast exams and getting mammograms. We need to be aware of our bodies and work as partners to negotiate our care with our physicians. We're here for a reason."

THE SURVIVOR BRUNCH

Saturday, October 26, 10 a.m. – noon
Fore Lakes Golf and Banquet Center

Contact HealthAccess at
1.800.228.1484 to make your reservation.

Cost: \$15. Includes food, door prizes and vendor information.

Visit porthuronhospital.org/breasthealth for a list of breast cancer awareness programs.



For more information, please visit or contact us at:

1221 Pine Grove Avenue, Port Huron, Michigan 48060

1.800.228.1484 or www.porthuronhospital.org