

VILLAGE TIMES

Improving Breast Cancer Awareness for Seniors



The National Institute for Health recognizes breast cancer as one of the most deadly forms of cancer for American women between the ages of 45-85. As technology and health care have improved, the fatality rate for breast cancer has decreased. However, the number of new cases of breast cancer has increased steadily for years.

Increasing Awareness Is the Key to Early Detection

Increasing awareness of breast cancer screening methods among women (and men) as they age is incredibly important to guarantee they have the knowledge and preparedness to take action.

In general, cancer cells are known for their rapid, abnormal growth. While these harmful cancer cells may develop locally in one area of the body, they can quickly spread to other vital organs and prevent normal bodily functions that support life. For all forms of cancer, early detection is critical to the success of patient outcomes.

Helping Seniors Understand Screening Methods for Breast Cancer

Mammograms: The best way to confirm any suspicions that you have about the health of your breasts is to schedule an appointment where screening can be performed using mammography. According to the National Institute for Health, a mammogram is a special x-ray of the breast that often can detect cancers that are too small for a woman or her doctor to feel. Due to the density of women's breasts before menopause, mammograms are typically only given to women over the age of 50.

Clinical Breast Exams: In addition to receiving mammograms annually, regular clinical breast exams (CBE) should be performed by a health professional, such as a doctor, nurse, or physician's assistant. During a clinical breast exam, the breasts will be inspected for abnormalities in size and shape, as well as changes in the skin or nipples. The examination will also require the health professional to feel the breasts to inspect tissue for lumps or irregular shapes or textures.

Breast MRI: Using magnetic imaging, [MRI's](#) are used to get a detailed look at the breast health of women with higher risks. Typically used as a follow-up method after the discovery of suspicious physical symptoms.

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Breast Self-Exam: While it should never replace a mammogram or CBE from a doctor, a self-examination of one's breasts can be performed at home alone. Known as a [Breast Self-Examination](#) (BSE), women can inspect their own breasts for abnormalities in size and shape by gently palpating the breasts one at a time in front of a mirror. If you choose to perform regular BSE's at home, remember that there are a number of reasons why you might notice changes in the size or shape of your breasts. These changes can often be attributed to:

Pregnancy

Aging

Menopause

Menstrual Cycles

Birth Control Pills

Hormones

Despite the fact that there are differing opinions in the medical community about the [effectiveness of self-exams](#) at home, women of all ages need to understand the risk factors and physical warning signs for breast cancer. You can read more about the risk factors and physical warning signs of breast cancer here

Helping Seniors Get Screened for Breast Cancer

Seniors might need special attention to make sure they receive the necessary screening for breast cancer as they age. Caregivers, companions, and family members can help schedule doctor's visits and ensure transportation is in order to guarantee that missed mammograms are not missed opportunities for early detection.

Other times, seniors might hesitate to have screenings done out of fear that they cannot afford them. The Center for Disease Control and Prevention outlines eligibility for these individuals to receive [low-cost and even free screenings](#). Since September 2010, the [Affordable Care Act](#) has required all new health insurance plans to cover yearly mammography (with no co-payment) for women ages 40 and older.

MANAGEMENT - MRS. DEE RUSH

We are trying to schedule another Free On-Site COVID Testing at Miracle Village in October. If you are interested in this, please contact Mrs. Jefferson in the Service Coordinator office at (850) 222-0277

In the next two weeks, we will be preparing our 2021-2022 budget. If you have any suggestions or recommendations for improving the quality of life at Miracle Village, please get those to Mrs. Harvey on or before October 7, 2020.

For example, additional lighting in every room, etc.

STAY SAFE

FROM THE SERVICE COORDINATOR OFFICE

Everyone Should Know About BREAST CANCER: WOMEN as well as MEN

Anyone can get breast cancer, even those with no family history of the disease.

Symptoms: Breast lump or mass that may or may not be painful.

Lump or swelling under arm or around collarbone, skin irritation, dimpling, swelling of all or part of breast, breast or nipple pain, or nipple turning inwards redness, scaling, or thickening of nipple or breast skin, breast warm and itching nipple discharge other than milk.

Early detection makes a difference

October is BREAST CANCER AWARENESS

YEARLY FLU - PNEUMONIA - SHINGLE INJECTION

Mr. Calvin Calhoun, Pharm D

MONDAY, OCTOBER 5, 2020 - 10:00 A.M.

Domestic Violence Word Search

V	I	O	L	E	N	C	E	P	A	E	B	O	E
H	M	T	L	U	A	S	S	A	S	K	O	N	D
E	Y	E	L	Q	B	C	H	U	K	I	F	I	A
L	L	T	T	A	R	R	O	Y	Z	O	N	G	S
P	A	C	I	A	U	H	W	E	R	T	T	N	N
B	C	S	Y	N	C	X	M	C	E	P	R	I	A
I	I	U	A	C	U	O	E	R	S	D	C	N	L
W	S	T	R	F	T	M	V	S	U	Q	R	I	P
C	Y	G	F	I	E	E	M	D	Q	B	I	A	O
Q	H	A	O	N	N	Q	W	O	A	C	S	R	C
K	P	N	T	T	F	F	M	G	C	X	I	T	O
U	A	S	I	R	O	V	I	V	R	U	S	S	U
L	F	O	E	A	B	U	S	E	W	A	L	E	R
R	N	G	R	V	I	V	E	R	B	A	L	R	T

ABUSE
ADVOCATE
ASSAULT
COMMUNITY
COURT
CRISIS
CYCLE
EMOTIONAL
ENFORCEMENT
HELP
HOUSE
INTERVENTION
LAW
PHYSICAL
PLAN
RESTRAINING
SAFE
SEXUAL
SURVIVOR
VERBAL
VIOLENCE

**RELEASE OF BALLOONS - BREAST CANCER/
DOMESTIC VIOLENCE AWARENESS
FRIDAY, OCTOBER 16, 2020 AT 12:00 NOON
PARKING LOT**

**NON - MAINTENANCE RELATED PLEASE CALL
(850) 933-6009 (Ms. Parrish - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES PLEASE CALL
(850) 933-3019 (Mr. Gavin)**

THE HAPPENINGS IN THE VILLAGE

**FACE MASKS ARE TO BE WORN PROPERLY ANYTIME
OUTSIDE OF YOUR APARTMENT**



**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
OFFICE CLOSSES DAILY AT 4:00 PM
(850) 222-0561**

STAFF AND MANAGEMENT

**Ms. Katrina Harvey, Residential Manager
Mrs. Patrece Broadnax, Asst. Residential Manager
Mr. Keith Gavin, Maintenance Mechanic
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277
Ms. Florida Parrish, On-Site Monitor**

Key to Independent Living

