

EVANGELICAL[™] COMMUNITY HOSPITAL

Thyra M. Humphreys
CENTER FOR BREAST HEALTH

One Hospital Drive • Lewisburg, PA 17837 • (570) 522-4200 Fax (570) 522-4203

Meet Billie Jo Day



Billie Jo Day is the Breast Health Specialist at Evangelical Community Hospital's Thyra M. Humphreys Center for Breast Health.

As a Breast Health Specialist, Billie Jo coordinates nursing care in the Women's Breast Center by serving as a liaison between the patient and relevant health care providers. She is also available to provide education and psychosocial support to patients receiving mammography services. Billie Jo collaborates with mammography technicians to enhance patient care and, in conjunction with the patients' physicians, provides education and counseling to women concerning treatment options, diagnostic procedures, and test results. Billie Jo also works with the community providing education and counseling to people by participating in health fairs, instructing breast care classes, and speaking to women's groups about proper breast health.

Salons Enlisted To Fight Cancer

The American Cancer Society The Thyra M. Humphreys Center for Breast Health are joining with the community and area beauty salons to reach women with a valuable message of mammography.

The American Cancer Society's "Tell A Friend" model will be used to target women in the Lewisburg, Milton and Montandon areas where local salon staff will be ambassadors of the message. The "Tell A Friend" program advocates for breast health and the potentially lifesaving benefits of early detection.

Evangelical and the American Cancer Society held a dinner and training on March 1, to kickoff the program. Salon staff interested in being considered for future Shop-Talk programs may call Christie Pfleeger at 522-4212 to learn more about this exciting opportunity. With the support of local salons and the power of partnership, "Shop-Talk Tell A Friend" can reach many women and save lives with early detection!

IN OUR COMMUNITY...

3/17 Look Good, Feel Better

3/27 5th Annual Cancer Survivors Conference

Ask us! or call (570) 522-4212 for more details!

FEATURED RESOURCE:

American Cancer Society (ACS) National Office
15999 Clifton Road NE Atlanta, GA 30329
800-ACS-2345 or <http://www.cancer.org/>

Misconceptions About Breast Cancer

Breast cancer occurs 85 to 90 percent of the time as a hard, stony, singular, non-mobile lump that is anchored in surrounding tissues of the breast. Usually it is a painless lump that can be felt, is found in only one breast, and occurs in women over 35 years of age.

However, dangerous breast cancer signs are often ignored because they have different characteristics than the lump usually identified as cancer. Learning these common misconceptions about breast cancer could save a woman's life.

Misconception #1: Young women (under 35) do not have breast cancer. Breast cancer is more likely to occur in a woman older than 35, but it can occur in very young women. Any lump found at any age needs professional evaluation by a physician.

Misconception #2: Women with high risk factors (family history, no children, etc.) are usually the ones who will have breast cancer. 76 percent of women who have breast cancer had none of the risk factors. Being female is the highest risk factor. All women are at risk.

Misconception #3: Breast cancer is not painful; fibrocystic breast condition is what causes the pain. Breast cancer is usually not associated with pain. However, 11 percent of women with breast cancer experienced pain as a symptom. Any breast pain needs thorough evaluation by a physician.

Misconception #4: A mammogram that is without signs of cancer ensures that no cancer is present. Mammography is a good diagnostic tool, but it has limitations. There are some lumps that you can feel but are not seen on mammography even though mammography is able to detect lumps that are too small to be felt. Ten percent of breast cancers never form a lump that can be felt or seen on mammography. It is important to recognize the clinical signs of breast cancer that produce changes in the breast. Because mammography does not detect 10 to 15 percent of cancers, breast self-exams and clinical exams by a healthcare provider must be performed in conjunction with mammography to insure that a woman receives every method of detection available.

Misconception #5: Breast cancer occurs as a single lump and in one breast at a time. A very small percentage of breast cancers occur with multiple lumps (multicentric) and occur in both breasts. As always, any lump, multiple lumps in one breast, or lumps in both breasts should be fully explored by a physician.

Misconception #6: Redness, pain, or bloody discharge are only signs of mastitis (inflammation/infection) in new mothers. Mastitis is a common occurrence in young mothers, but if, after treatment with antibiotics, the symptoms do not improve or disappear, the patient should be evaluated further. Breast cancer in young women can cause the same symptoms as mastitis.

*All Lumps Need Evaluation
By A Healthcare Provider.*