



HEALTHY TIMES

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BREAST CANCER AWARENESS

October is Breast Cancer Awareness month and a good opportunity to learn the facts, risk factors, prevention and screening recommendations to protect yourself and those you care about.

Breast Cancer Facts

According to BreastCancer.org, 1 in 8 women in the United States will develop invasive breast cancer over the course of her lifetime. In 2010, an estimated 207,090 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 54,010 new cases of non-invasive breast cancer. About 1,970 new cases of invasive breast cancer were expected to be diagnosed in men in 2010.

Risk Factors and Prevention

According to the American Cancer Society, the risk factors linked to breast cancers include the following:

Gender: Being a woman is a major risk factor.

- Age:** Risk of developing breast cancer increases with age.
- Genetics:** About 5% to 10% of breast cancer cases are thought to be hereditary.
- Race:** White women are more likely to develop breast cancer while African-American women are more likely to die from breast cancer.
- Lifestyle:** Factors such as having children, oral contraceptive use, hormone therapy, alcohol consumption, obesity and low physical activity can all increase risk for developing breast cancer.

Early Detection and Screening

According to the Center for Disease Control and Prevention there are three main tests used to screen for breast cancer: Mammogram, clinical breast exam and breast self-exam.

Talk to your doctor about which test is right for you and when you should have them.

Source: BreastCancer.org, Cancer.org and CDC.gov

2011-12 INFLUENZA VACCINE AND VACCINATION INFORMATION

Who should get vaccinated?

The Center for Disease Control and Prevention recommends everyone 6 months and older should get a flu vaccine each year.

It is especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in long-term care facilities

- People who live with or care for those at high risk for complications from flu.

Why do I need a flu vaccine every year?

CDC recommends a flu vaccine every year as the first and best way to protect against getting the flu. By 2 weeks after vaccination, the body develops antibodies to protect against the viruses in the vaccine. However, multiple studies have shown that the body's immunity to influenza viruses declines over time. Therefore it is recommended that everyone 6 months of age and older get vaccinated this season, regardless of whether they were vaccinated last season. Talk to your doctor today about your flu vaccination.

Source: CDC.gov

EMERGENCY ROOM VS. URGENT CARE



It is not always easy to determine when you should choose

an urgent care facility over the hospital emergency room. Here are some general guidelines to help you determine which care option may be best for you.

Emergency Room

If you think someone could suffer significant harm or die without prompt attention, seek emergency care--or call 911--immediately.

Emergency care is ideal for treating conditions such as:

- Chest Pain with shortness of breath and/or sweating
- Serious or severe injuries, burns or electrical shock
- Bleeding during pregnancy
- Altered mental states
- Seizures
- Unconsciousness, fainting
- Digit or extremity amputation
- Poison ingestion
- Broken bones
- Sudden confusion or difficulty speaking

Urgent Care Center

If someone becomes ill or is injured and their condition does not pose and immediate, serious threat to their health or life, urgent care is the right choice.

Urgent care clinics are ideal for treating conditions such as:

- Any non-life threatening illness or injury
- Minor cuts or scrapes
- Minor burns
- Sprains
- Minor eye or nose injuries
- Cold, flu, cough or bronchitis
- Rash, poison ivy, allergic reactions

The above list is not all-inclusive and is just a general guideline. If you are unsure, call the ER and speak with a triage nurse who will ask about your symptoms and tell you if you need to go to the ER.

Source: UrgentCare.org

HIGH BLOOD PRESSURE FACTS

Did you know that about 1 in 3 adults in the United States has high blood pressure?

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

The good news is that high blood pressure and its complications can be controlled through medicines and lifestyle changes, which include following a healthy eating plan, engaging in physical activity, maintaining a healthy weight, and quitting smoking.

Usually the only way to know if you have high blood pressure is to have it measured. Most people cannot tell if their blood pressure is high any other way. Symptoms such as a headache or dizziness are very unusual, which is why it is important for you to have your blood pressure checked regularly. **High blood pressure is often known as the silent killer.**

Adults over 18 should have their blood pressure checked regularly. If you have not had your blood pressure checked recently, contact your primary care physician today to see if you have high blood pressure.

Source: National Institutes of Health and National Heart Lung and Blood Institute

COMPLEMENTS OF



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