



# HEALTHY LIVING SECTION

Weekly tips and advice from your neighborhood Carolinas HealthCare System Blue Ridge providers.



## Five Ways to Reduce Mammogram Discomfort

OK, so maybe a mammogram isn't your idea of fun. No procedure that involves flattening your breasts between two plastic plates could ever be described as enjoyable.

But consider the lifesaving potential of this test: A mammogram can detect breast cancer – the second-leading cause of cancer death in women – years before you'd ever feel a lump. And when detected early, before it has a chance to spread, the five-year survival rate for breast cancer is about 98 percent.

**While mammograms can be uncomfortable, you can take the edge off with these steps:**

- 1 Schedule your mammogram for a few days after your period has ended, when breasts are less tender. Avoid the week before your period.
- 2 Ask your physician if it's OK to take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- 3 Avoid caffeine for two days before your test. Caffeine can increase breast tenderness.
- 4 Tell your healthcare provider if you have breast implants. Special care is needed when compressing breast implants to ensure they don't rupture. The breasts must also be positioned and analyzed differently.
- 5 Dress to undress. Mammograms require that you strip down to the waist, so wearing a two-piece outfit may help you feel less exposed.

At our award-winning imaging centers, our excellent and experienced staff will make your comfort our priority.

**To Schedule Your Mammogram Call 828-580-6900.**

*"Staff was excellent! Answered ALL questions with a smile. Made me feel important and extremely comfortable. Never rushed me."*

*"I could have my mammogram within 10 minutes of my home but I drive 50+ minutes to this facility because of the staff and the professional way they treat their patients"*



## Rosemary Turkey Meatloaf

**Serves: 8**

- 1 1/2 pounds ground turkey
- 2 cups dry bread crumbs
- 1 onion, chopped
- 1 egg, beaten
- 1 cup milk
- 1/2 cup balsamic vinegar
- 1 clove garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 tablespoons chopped fresh rosemary
- 1 cup canned tomato sauce
- 3/4 cup brown sugar
- 1 tablespoon Dijon mustard

Preheat oven to 350 F. Lightly grease a 9- by 5-inch loaf pan.

In a large mixing bowl, combine the turkey, bread crumbs, onion, egg and milk. Season with balsamic vinegar, salt, pepper and rosemary. Press into the prepared pan. Blend together the tomato sauce, brown sugar and mustard; pour evenly over the top of the loaf.

Bake for 1 hour or until the juices run clear, then serve.

Rosemary is rich in antioxidants, can help improve digestion, has been used to enhance memory and concentration, and may help stop the growth of leukemia and breast cancer cells.



Wednesday, October 12  
Morgantown Community House  
8:30 a.m. to 3 p.m.

Carolinan HealthCare System Blue Ridge and the Blue Ridge HealthCare Foundation are sponsoring a day devoted to bringing together women to build a foundation of leadership skills. Get your tickets today! Call Brandi Behlke at 828-580-5358 or Danette Brackett at 828-580-5690.



## Remember to Think Pink

**Grady Shue, MD**

Carolinan HealthCare System Blue Ridge

October of every year is Breast Cancer Awareness month. This month isn't necessarily devoted to raising awareness of breast cancer itself, but to raise awareness that more research is needed, it is treatable if caught early, and women (and men) can take action to help protect themselves.

In 2016, it is estimated that there will be 246,660 new cases of breast cancer among women and 2,600 for men. Obviously, this shows that women are much more likely to suffer from breast cancer, but it should be known that men can develop it too. Other than being a woman, some of the risk factors are being overweight, physically inactive, a smoker or over the age of 55.

Breast cancer develops when new breast cells grow to replace old, dying cells. Occasionally, these cells mutate their genetic material, which lets them grow uncontrolled by the normal life cycle of a healthy cell. Tumors then form when the unhealthy cells group together.

The presence of a tumor does not mean cancer is present though. Tumors can be either benign (noncancerous) or malignant (cancerous). Malignant cells that make up the tumor are a threat to spread to other areas of your body, which is a part of how the stages of cancer are defined.

Breast cancer goes through a scale of 0 through IV. Stage 0 is noninvasive cancers that do not move from their original location. The cancer can progress in severity up to stage IV, which describes invasive cancers that have spread to other areas of the body.

Similar to many medical conditions, you can minimize your risk by eating healthy, maintaining a healthy weight, exercising and not smoking. You should also perform monthly self-exams looking for any abnormalities in what is normal to you and receive annual mammograms.

If you have any questions regarding breast health, please call us at 828-580-6900.

