

Worthington Health Office News:

October 2017 Newsletter
Volume 1, Issue 1



BREAST CANCER AWARENESS MONTH

DID YOU KNOW?

- 1 in 8 women in the USA will get breast cancer! That is a staggering statistic, but most breast cancers can be treated with early detection.
- The best screening for breast cancer is an annual mammogram for women age 35 and older. Women under 35 with a family history of breast cancer should talk to the physician about being screened earlier. In addition to mammograms, monthly self-breast exams are advised.
- Encouraging fact: Only 30% of lumps detected on a mammogram are cancerous, leaving 70% as benign.
- If you are a woman, or have a woman that you love (mother, sister, wife, friend, neighbor) double check and see when their last mammograms was done and encourage self-exams.
- Prevention: healthy diet including cruciferous vegetables and anti-oxidants (think berries), daily exercise and maintain a healthy weight are said to help prevent cancer
- Remember: Breast cancer is often treatable with early detection

RESOURCES:

Check out this site for a free breast health guide from National Breast Cancer Foundation:

<http://www.nationalbreastcancer.org/breast-cancer-awareness-month>



Nursing Staff

Julie Frank RN BSN MSE

McCord
Liberty
Worthington Hills
Phoenix

Amy Inzetta RN BSN MSE

Sutter Park
Granby
Bluffsvue
Brookside

Betsy Keidel RN BSN

Worthingway
Slate Hill
Worthington Park
Worthington Estates

Deanna Lear RN MSN

KMS
Evening Street
Colonial Hills
Wilson Hill

Gretchen Hancock RN MSN

TWHS

Julie Garner RN BSN MSE

WKHS



Did you know that the Worthington Health Offices....

- Manage over 1,700 visits each week? That's close to 7,000 each month & over 60,000 visits every year.
- School nurses screen over 5,600 students vision & hearing each year?
- Collect and maintain over 250 Epipens and Anaphylaxis Action Plans?