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It's Breast Cancer Awareness Month - Get Screened!

OCTOBER 14TH 2021 BY DEE LOFLIN

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October is Breast Cancer Awareness Month, and we want to not only stress that 1 in 8 women in the U.S. will develop invasive breast cancer, but that many women with breast cancer have no symptoms which is why regular breast cancer screenings are so important.

We know that leading-edge technology and highly trained specialists are the bedrocks of any breast care center. But we believe warm, patient-focused care is also a must. When you come in for a visit, you'll get all three.

Find a location and provider near you to schedule your mammogram!

Breast cancer: What to do if you find a lump

In most cases, a breast lump doesn't mean cancer. Still, if you discover a lump, you should have your doctor check it.

Understandably, discovering a lump in your breast can be cause for concern. You may worry that it could be a sign of breast cancer.

But there's reassuring news: Most breast lumps and other changes don't turn out to be cancerous, according to the National Cancer Institute (NCI).

Still, it's important to know why lumps occur and what steps to take if you find one. The following information from the NCI and the American Cancer Society (ACS) can help.

What causes breast lumps?

Most women have some type of lumpiness in their breasts.

For example, some women may have areas of their breasts that are denser than other areas. This can cause the breasts to have a lumpy feeling.

Often, lumps occur due to changing hormone levels during your monthly menstrual cycle. These lumps usually go away by the end of your period. Lumps can also occur at other times when hormone levels fluctuate, such as during pregnancy, breastfeeding and menopause.

You may also notice lumps or other breast changes if you use hormones such as:

Birth control pills.

Injections.

Menopausal hormone therapy.

If you find a lump

Even though a lump usually isn't serious, you should still see your doctor and get it checked out. Your doctor can examine your breasts and the surrounding tissues for any other changes that could indicate a problem.

Be prepared to answer questions your doctor may have, such as:

Do you have a family history of breast cancer?

When was your last mammogram?

What was the date of your last period?

Are you pregnant or breastfeeding?

What medications are you taking?

When did you find the lump?

Has the lump gotten smaller or larger?

Also be sure to tell your doctor about any other breast changes, including:

Nipple discharge or tenderness.

Redness, dimples or puckers.

A change in breast size or shape.

Your doctor may also request other tests to determine whether the lump is cancerous. These tests can include:

Diagnostic mammogram. Though mammograms are used mostly for screening, this x-ray of the breasts can also be used to get a closer look at breast problems.

Breast ultrasound. Using sound waves, a breast ultrasound can be used to target a specific area of concern found on a mammogram. This test can help distinguish between fluid-filled cysts and solid masses and between benign and cancerous tumors.

Magnetic resonance imaging (MRI). This test creates detailed pictures of the breast that can show the difference between normal and diseased tissue.

Biopsy. In this procedure, a sample of cells from the lump is removed for examination. A biopsy is the only definitive way to find out whether a lump is cancerous, according to the NCI.

Protect yourself with regular screenings

Finding breast changes early can help detect breast cancer early, when it's most treatable.

Generally, the ACS recommends that women have regular mammograms beginning at age 45. Your doctor can suggest a screening schedule that's right for you.

Women should also get to know how their breasts normally look and feel so they can notice changes more easily—and report them to their healthcare provider right away.

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Southeast Hospital Earns Prestigious AHA Quality Achievement Awards, Recognition in Latest Edition of U.S. News and World Report

SEPTEMBER 17TH 2021 BY DEE LOFLIN

Southeast Hospital Earns Prestigious AHA Quality Achievement Awards, Recognition in Latest Edition of U.S. News and World Report

Cape Girardeau, Mo. (September 16, 2021) — Southeast Hospital has received the American Heart Association’s 2021 Get With the Guidelines (GWTG) Heart Failure Gold-Plus Quality Achievement Award, GWTG STEMI (a type of heart attack) Receiving Center Silver-Plus Award and GWTG Stroke Silver-Plus Award. In addition, the hospital is also recognized on the American Heart Association’s Target: Heart Failure Honor Roll, Target: Type 2 Diabetes Honor Roll. and Target: Stroke Honor Roll.

The awards recognize Southeast for implementing quality improvement measures that ensure cardiovascular and stroke patients receive evidence-based, efficient and coordinated care, ultimately leading to more lives saved, shorter recovery times and fewer returns to the hospital.

Southeast earned these awards by meeting specific quality achievement measures for the diagnosis and treatment of cardiovascular and stroke patients at a set level for calendar year 2020. Measures include evaluation of the proper use of medications and aggressive risk-reduction therapies. Before discharge from the hospital, patients also receive education on managing their conditions and overall health.

Southeast Hospital also has been recognized by the American College of Cardiology (ACC) in the “Best Hospitals” issue of U.S. News and World Report for its dedication to heart patients. Patients and caregivers can trust hospitals and health systems that participate in the ACC’s National Cardiovascular Data Registry and, based on stringent quality standards, receive the ACC’s recognition for delivering exceptional inpatient care.

“Providing exceptional care to all those we serve is key to our mission,” said Ken Bateman, SoutheastHEALTH President and CEO. “Heart and stroke patients are among our most vulnerable and often have comorbidities such as Type 2 diabetes. Our goal with

these patients is to help improve their quality of life and keep them out of the hospital. We are honored that the American Heart Association and American College of Cardiology, through these recognitions, has validated that commitment.”

“We are pleased to recognize Southeast Hospital for their commitment to heart and stroke care,” added Clyde W. Yancy, MD, national chairperson of the American Heart Association’s Heart Failure systems of care advisory group and chief, Division of Cardiology at Northwestern University Feinberg School of Medicine. “Hospitals that follow Get With The Guidelines protocols often see lower readmissions and lower mortality rates – a win for the healthcare systems, families and communities.”

According to the American Heart Association, nearly half of all adults in the U.S. have experienced some form of cardiovascular disease, including heart attack, stroke and heart failure. Many of these individuals can lead a full, enjoyable life when their condition is managed using best-practice guidelines.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 13 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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SoutheastHEALTH Pediatrics Immunology, Allergy, Pulmonology Outreach Clinic

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SoutheastHEALTH September 2021 News Briefs

SEPTEMBER 06TH 2021 BY DEE LOFLIN

SoutheastHEALTH September 2021 News Briefs

SoutheastHEALTH September 2021 Health Briefs

COVID-19 Vaccination Clinics

SoutheastHEALTH offers Covid-19 Vaccination Clinics every Tuesday and Wednesday from 8 a.m. to noon. Vaccinations are by appointment only. To make your appointment, call 573-519-4522. Since late 2020, SoutheastHEALTH has administered over 34,000 COVID vaccinations.

Starting Point Informational Meeting

Time to make a change for the better in your life? Starting Point, a medically-managed weight loss program, can give you the tools to make it happen. Learn more at an informational meeting at HealthPoint Fitness in Cape at 7 p.m. on Thursday, September 9, or at 7 p.m. on Tuesday, September 14. For more information, contact HealthPoint Nutrition Services at 573-986-4440.

COVID-19 Vaccination Clinic in Perryville

There will be Pfizer COVID-19 vaccination clinic from 9 a.m. to 1 p.m. on Thursday, September 9, at the Perry Park Center in Perryville, Mo. The vaccine is available to those ages 12 and up. Adolescents must be accompanied by a parent or guardian. Appointments are required. To register, visit sehealth.org/COVID.

Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, September 13, at 6 p.m., and Thursday, September 30, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. Class size is limited. Register online at SEhealth.org/Events

or by calling (573)986-4440.

Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Saturday, September 11, from 9:30 to 11:30 a.m. at HealthPoint Fitness in Cape. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. This class is not for healthcare providers seeking a BLS class. Cost of the class is \$50 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information, call 573-755-2301 or 573-986-4400.

Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. The meeting will be from 1 to 2 p.m. on Tuesday, September 14, at HealthPoint Plaza in Cape. This month's topic is "One Dish Meals – Quick and Nutritious." On a busy night, a one dish meal can satisfy, provide a nutritious meal for the evening and make cleanup a breeze. Participants will learn more about meal planning tips, portion control and make ahead meals. Seating is limited, and pre-registration is required. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

Grief Support Group: Your Grief Journey

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, September 15, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Who Am I Now?" For more information about this support group, please call Southeast Hospice, 573-335-6208.

Bone Health Seminar

Do you know that over 80 percent of all fractures in people ages 50 and over are caused by osteoporosis? Learn more about osteoporosis prevention, testing, diet and exercise options at a free Bone Health Seminar from 6 to 7 p.m. on Thursday, September 16, at Drury Plaza Convention Center in Cape. Expert panelists are Charity Jacobs, MD,

orthopedic surgeon, Southeast Orthopedics and Sports Medicine, Jennifer Roth, bone health specialist, Southeast Orthopedics and Sports Medicine, and Laura Vollink, registered dietitian and nutrition fitness coordination at HealthPoint Fitness. To register, call 1-800-800-5123.

Healthy Cooking: Mystery Meat

Join us on Monday, September 20, to learn more about the many plant based alternatives to meat. They can be a way to up the nutrition while replacing beef, chicken and pork in traditional recipes. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call 573-986-4440.

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Welcome Crista Merriman, ?MSN, FNP-BC Southeast Convenient Care

AUGUST 12TH 2021 BY DEE LOFLIN

Welcome Crista Merriman, ?MSN, FNP-BC Southeast Convenient Care

Welcome Crista Merriman, ?MSN, FNP-BC to SoutheastHEALTH Hospital and Southeast Convenient Care located at 2432 East Main Street, Jackson.

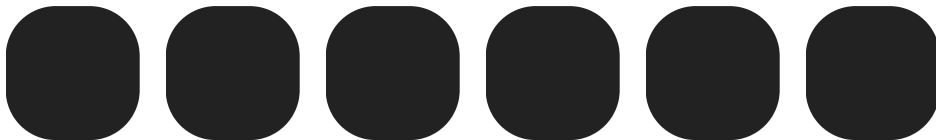
FNP Maryville University, 2019

BSN McKendree University, 2013

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