



For when you can't be there...

# Newsletter

Breast Cancer Special Edition  
October 2014

## In This Issue

CCOR's Story: Why Screening is Important

Getting Screened

October Birthdays

Understanding Risk of Breast Cancer

Breast Cancer Basics

Announcements & Kudos!

## Upcoming In-Services

Rochester • 10/29

Batavia • 10/28

Geneva • 10/30

In-services start at 8:30 AM and you may ONLY attend by signing up with Kelly in HR BEFORE the class.

**Fraud abuse MUST be reported!**

Use our anonymous hotline:  
**585-546-1219**

## CCOR's Story: Why Screening is Important

by *Al Gauvin* If you know our agency's history, then you know why Breast Cancer Awareness is so important to me and my family.

It was my intention, from the very beginning, to create a home care service provider that would give individuals and their families the support and care they needed, when they needed it. I set out to achieve this goal so that I could create a better in-home care environment than what I found for my sister.

My sister died in 1997 from breast cancer. She did not regularly get mammograms or give herself exams. So when her physicians found cancer, it was Stage Four. Had she gone to regular appointments to her physician, it is quite possible they would have discovered her cancer earlier than they did and she may have still been here with us today.

According to the Centers for Disease Control and Prevention, women between the ages of 50-74 should have a mammogram every two years. And if you are between 40 to 49 years old, you should begin the conversation with your physician about breast cancer screenings and mammograms.

It is important that you discuss your risk level and need with your physician. Mammograms work best if they are done regularly, so each x-ray can be compared to the previous one.

As with many other diseases, risk for breast cancer is dependent upon a variety of factors – from race/ethnic background to lifestyle.

Regular screenings with mammograms are the best defense doctors have to find breast cancer early. In some cases mammograms help find cancer three years before it is felt.

Now that I have the attention of my agency – employees and clients – I want to tell you why breast cancer screenings are so important.

There are many resources out there for anyone who needs financial support to get a breast cancer screening. We've listed some in this newsletter, but it is by no means exhaustive. Please don't let something as important as getting a mammogram fall to the side. It is a simple test, it takes up little of your time and could be a life saver.

From me, from my family, from the CCOR family, please have yourself checked regularly for breast cancer. It could be the most important medical appointment you'll ever make.

## Getting Screened

- To find out if you qualify for a low-cost or FREE mammogram through the National Breast & Cervical Cancer Early Detection Program, call 866-442-2262
- The FDA website offers a search tool to find mammography facilities near you — [accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm](http://accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm)
- Visit [breastcancer.org](http://breastcancer.org) for more information about treatment, screenings, and support groups
- Breast Cancer Coalition of Rochester also offers support and services [bccr.org](http://bccr.org) or 585-473-8177.

## Happy Birthday October!

• 01 •	• 21 •
Cora C	Bernice P
Denise H	Rashiq M
• 03 •	Theresa R
Gwendolyn B	Tracey D
Nichole G	• 22 •
• 06 •	Ciara S
Ysmelda M	• 23 •
• 07 •	Jennifer H
Janet L	Rachel C
• 11 •	• 24 •
Amanda R	Mattie B
Maria D	• 25 •
• 12 •	Kelli N
Laura P	• 26 •
Shelly L	Lois R
• 13 •	• 26 •
Joyce S	Sheila F
• 17 •	
Milna P	
• 19 •	
Elisabeth V	

## Reminders!

- **Timesheets are due SATURDAY @ 12PM**
- Call-offs must be at least 6 hours before the shift
- Make sure you speak to a person when you call off a shift
- Call weekly to verify your schedule
- All requests for changes must be called in to scheduling
- The on-call line is for **EMERGENCIES** only
- Time-off requests for any “holiday” are required one month before and are first come/first served

## Understanding Risk

Understanding your risk and what you can do to help avoid developing breast cancer are important aspects of breast cancer awareness. We want to ensure our employees and their loved ones all enjoy long happy and healthy lives!

There are some risk factors of developing breast cancer that cannot be controlled or changed, including: your sex, age, genetics.

There are risk factors that you do have control over, including: smoking cigarettes, exercising, and eating nutritious foods.

Living a healthy and healthful lifestyle will not only help you to fight breast cancer, but it is a good choice for living a life free of other diseases as well!

## Breast Cancer Basics

As a part of the effort of National Breast Cancer Awareness Month, let's take a few moments to go over the basics of breast cancer.

### What is Breast Cancer?

According to the Centers for Disease Control (CDC), cancer is a disease in which cells in the body grow out of control. When this out of control growth starts in the breast, it is called breast cancer.

### Are all breast lumps cancerous?

No, as there are many conditions that can cause lumps in breasts. In fact most breast lumps are NOT caused by cancer, but by other medical conditions — the two most common causes for breast lumps are fibrocystic breast condition and cysts.

### Warning signs of Breast Cancer

Each person is different and not all cancers develop the same way. The best way to test for breast cancer is to have routine mammograms. However, below are a few warning sign from the CDC:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or shape of the breast
- Pain in any area of the breast

Remember some of these signs may occur and not be a result of breast cancer. If you notice any change or concern with your breasts, please contact your physician immediately!

### Are there different types of Breast Cancer?

Yes, the type of breast cancer depends on which cells in the breast turn into cancer, which can begin in different parts of the breast, like the lobes or the ducts.

### How is Breast Cancer Diagnosed?

Doctors use different tests to diagnose breast cancer, which include: breast ultrasound; diagnostic mammogram, magnetic resonance imaging (MRI), and biopsy.

Once breast cancer is diagnosed, further tests are completed to understand if the cancer has spread to other areas of the body (also known as “staging”). The type and stage of breast cancer is important to know in order for doctors to put the best and most effective treatment plan in place.

## Announcements & Kudos!

- ★ **Ciara Schneider** — Office Coordinator/Clinton Avenue
- ★ **Stacey Haust** — CDPAP Coordinator
- ★ **Colleen Boice** — Service Coordinator
- ★ **Mattie Bradly** — from client, “Thank you so much, Mattie was sweet, kind and made Dad feels so comfortable.” Great job!
- ★ **SC Team** — Thanks for pulling together during this time. You rock and are appreciated on a daily basis

**Did you Know...**  
Breast cancer is the 2nd most common cancer for US women?