

Get
your
mammo



Get Your Mammo: It's an hour that could save your life

By Timothy Presnell, MD, Women's Health Physician

According to the American Cancer Society (ACS), breast cancer is the most common cancer in women in the U.S., behind only skin cancers. In fact, the ACS puts the average risk as a one-in-eight chance that a woman will develop breast cancer in her lifetime. And according to the World Health Organization, breast cancer is now the most common cancer globally, claiming 12 percent of new cancer cases. Breast cancer is also the second leading cause of cancer death in women, superseded only by lung cancer.

Continued on page 2

Ask a Doc

Jamal Sahyouni, MD,
is diabetologist.



QUESTION: *How do I know if I have diabetes?*

ANSWER: Diabetes symptoms can include frequent urination, abnormal hunger/thirst, blurry vision, unexpected weight loss, fatigue, very dry skin, numb or tingling hands or feet, slow-healing sores and more infections than usual. When symptoms appear can depend on the type of diabetes – type 1 symptoms can develop quickly and be severe, while type 2 symptoms tend to develop over time and you may not even notice them. Gestational diabetes can occur in the middle of pregnancy without noticeable symptoms. Fortunately, a simple blood sugar test can determine whether or not you have diabetes. Talk to your provider about your risks and any symptoms to help determine if a test is right for you.

If you need a provider, call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** and click on Find a Doctor to make an appointment. ■



A note from the CEO

Nearly two years into a historic and global pandemic, it is fair to say that there isn't one person in our community who hasn't been impacted in some way by COVID-19. From the disruption of our usual way of life to varying degrees of illness and the tragic deaths of loved ones and neighbors, none of us has been unaffected. But there is a way out. COVID-19 vaccines are our best defense against this vicious disease and the best path to the other side of this pandemic. If you have not yet been vaccinated against COVID-19, now is the time. The more members of our community who are vaccinated, the faster we can slow the spread of the virus and help prevent another challenging surge. Vaccination makes it much less likely that individuals will need hospitalization due to COVID-19, which allows us to ensure that we can meet the other critical care needs of our neighbors. Making Communities Healthier involves all of us joining together to protect each other's health and our community's well-being and future. Please get vaccinated for your health. For your neighbor's health. For our community's health.

You can visit your primary care provider to receive a flu vaccination. If you don't have a provider, we can connect you with one. Visit **ClinchValleyHealth.com** and click on Find a Doctor or call **800.424.DOCS (3627)**.

Peter Mulkey

Continued from cover

So, that's some not-so-good news. How about some good news? Those death rates have been steadily dropping. Statistics show that the overall death rate from breast cancer decreased by one percent each year from 2013 to 2018. Now, the question is "why?" Well, the decreases have been associated with several factors, including better treatments and earlier detection through screenings.

Here's some more good news. You can get screened by scheduling a simple, routine mammogram. A mammogram takes only about one hour, once a year, but its benefits can last much longer. Mammograms help detect breast cancer earlier than waiting for symptoms to appear. That's an incredibly important weapon in the fight against breast cancer because that early detection can result in an easier and more effective treatment if cancer is discovered.

While there are certain risk factors for breast cancer – including lifestyle-related risks, as well as some risk factors you cannot change, like your family medical history – some breast cancer patients have no risk factors or even any symptoms. And 85 percent of breast cancer cases are in women with no family history of the disease. That's why early detection is so vital to finding and treating breast cancer.

If you are a woman 40 and older, you should be including an annual mammogram in your yearly health journey. If you are at higher risk, you may need to begin annual screenings sooner. Some of those risk factors include genetic mutations, having dense breasts, certain reproductive histories, being overweight after menopause, a family history of breast and ovarian cancer, a personal history of radiation therapy or hormone replacement therapy, a history with the drug diethylstilbestrol (DES) and a lack of physical activity.

As with other health issues, it's important to have a discussion with your trusted provider about your lifestyle and risks and to determine the right time for you to begin annual breast cancer screening.

October is Breast Cancer Awareness Month, so if you haven't already scheduled your mammogram for the year, now is a great time to get it on your calendar and get the peace of mind that comes from taking charge of your health. It's one hour a year that could save your life. ■

*If you would like to schedule a mammogram or talk with a provider about your breast health, call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** and click on Find a Doctor.*

*For more information on breast cancer and mammograms, visit **breastcancer.org** and **cdc.gov/cancer/breast***



Mission Moment

Sarah Ramey
DIRECTOR OF
PHARMACY
SERVICES

Throughout the pandemic Sarah has served as part of Clinch Valley Health's COVID-19 vaccine taskforce, helping to develop a plan to vaccinate staff and the community. To date, she has helped vaccinate more than 3,500 employees and community members. During the pandemic, Sarah's leadership skills have been on full display. As treatment recommendations continually changed, she met routinely with doctors to make sure everyone was aligned. The secret to Sarah's success is in her focus on outstanding patient care. She is constantly working closely with providers and nurses to ensure patients get what they need. ■

Getting the Most Out of Your Health Insurance

Taking care of your health may be more pocketbook-friendly than you think. Many health insurance plans offer regular checkups and age-specific preventive health screenings at little or no cost to you. And if you've met your deductible for 2021, your out-of-pocket costs for procedures could be minimal or zero. With the second half of the year in full swing, now is a great time to book that checkup, schedule that screening or plan for that procedure before your deductible resets in January. Call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** today and click on Find a Doctor to make an appointment. ■



How a Lung Scan Could Be a Lifesaver

Are you a smoker or former smoker age 55-77? If so, you may qualify or be eligible for a lung cancer screening exam. This simple screening can let you know your lungs are healthy or detect cancer early, when treatment is most effective. Don't make your health wait. Give it the care and attention it needs and give yourself the peace of mind that can come from taking charge of your health. Ask your provider about a lung cancer screening exam and if it's right for you.

Need a provider? Call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** and click on Find a Doctor to get connected with a healthcare professional. ■

Are You On Medicare? Ask Your Provider about Free Annual Wellness Visits

The Annual Wellness Visit is a Medicare benefit that focuses on overall wellness and prevention. This yearly visit provides you the chance to talk with your healthcare team about your medical history, risk for certain diseases, your current health and your plan for staying well. Rather than the hands-on, practical annual physical you may be used to, think of this benefit as a discussion about your health with your provider. You can even ask your provider about adding it on to a visit you may already have scheduled for another reason. If you need a provider, call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** and click on Find a Doctor to get connected with care today. ■

Italian Meatloaf

This twist on a classic uses ground turkey and oatmeal and can make for an easy weeknight supper.

Non-stick cooking spray	1 tsp dried oregano
1 cup ketchup	¼ tsp black pepper
¼ cup balsamic vinegar	¼ cup Parmesan cheese (grated, optional)
1 ¼ lbs lean ground turkey (7% fat)	¼ cup egg substitute
½ medium onion (finely diced)	½ cup oatmeal
2 cloves garlic (minced)	

1. Preheat oven to 400 degrees.
2. Coat a large loaf pan generously with cooking spray. In a small bowl, whisk together ketchup and balsamic vinegar.
3. In a medium bowl, combine all ingredients and ½ cup of ketchup balsamic mixture. Reserve ½ cup ketchup balsamic mixture. Mix well.
4. Spread mixture evenly into loaf pan. Top with remaining ½ cup ketchup balsamic mixture. Bake for 60 minutes or until no longer pink.

**Recipe from the American Diabetes Association.
Find more healthy recipes at diabetesfoodhub.org*



Meet Hao Pham, MD

Dr. Pham is a fellowship-trained, American Board of Surgery-certified vascular surgeon. He treats diseases of the arteries, veins, and lymphatics.

Dr. Pham grew up in California, but after attending medical school in Johnson City, Tenn., he is now happy to call this region home.

Dr. Pham loves to bake: his home-made bread won third place at the 2021 Tazewell County Fair Men's Baking Competition.

If you need a provider, call **800.424.DOCS (3627)** or visit **ClinchValleyHealth.com** and click on Find a Doctor. ■

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.