

MOUNT CARMEL

Comprehensive, personal breast cancer care

Breast cancer awareness has never been higher. Between the attention paid to the disease during Breast Cancer Awareness Month and the thousands of programs going on around the country the rest of the year, more and more Americans know about the prevalence and risk of breast cancer.

Yet, one in every eight women still have a chance of developing the disease in her lifetime, and breast cancer remains the second-leading cancer-related cause of death among women.

The lesson in those statistics: Awareness is great, but it's not enough. Women and the people who care about them need to take action to prevent this disease and detect it early, when it's most treatable.

Mount Carmel is helping to lead the way in that fight with an unmatched commitment to education and care led by a diverse team of dedicated experts.

"We have a compassionate ambition to reduce those numbers," said Dr. Shilpa Padia, a fellowship-trained breast surgical oncologist with

Mount Carmel Breast Surgery. "That's why we offer a comprehensive program of care for women at risk and patients with breast cancer, and complete treatment for all forms and stages of the disease."

Through a comprehensive breast health program that starts at its six Women's Health Centers, Mount Carmel offers a wide range of services for breast health and breast cancer. That includes teaching breast self-exam techniques, offering special risk assessments for women who may be more likely to develop breast cancer, and providing convenient annual screenings.

"Heredity is a factor in less than 10 percent of breast cancer cases, and some women may have no identifiable risk factors," Padia said. "That's what makes early detection so important, why we recommend yearly screening mammograms for all women beginning at age 40, and why we offer so many screening options at Mount Carmel."

In addition to state-of-the-art digital mammograms, select Mount Carmel Women's

Health Centers offer 3D mammograms (also known as tomosynthesis), which can help detect cancers hidden in dense breast tissue. For women at increased risk, additional tests like breast ultrasound and breast MRI are also available.

Padia added, "If our radiologists find an abnormality, our seamless system of care allows us to make a diagnosis and begin appropriate treatment right away. And our team of physicians and breast health navigators makes that state-of-the-art care incredibly personal. Because that's what our patients should expect — not just the best care, but the best care for them as an individual."

Mount Carmel's three full-service Women's Health Centers are located at Mount Carmel East, West and St. Ann's hospitals, with convenient satellite locations at the Lewis Center and Hilliard campuses. Screening mammograms are also available at Central Ohio Primary Care. To schedule your yearly mammogram at one of these facilities, call (614) 234-2900.



October Is National Breast Cancer Awareness Month

Central Ohio Plastic Surgery, Inc.

Here when you're ready for the next step

This month, and every month, we honor those facing, fighting and surviving breast cancer. You are wives, mothers, daughters, sisters, aunts and grandmothers. You are inspiration. You are hope. You are courage. You are everyday heroes. And you are beautiful---with or without your breasts. We support the mission to increase awareness of breast cancer and encourage monthly self-exams. But 7 out of 10 women are unaware of something else: their reconstruction choices. So if and when you're ready to take that next step, give us a call. We're here to help.



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FRIEND

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American Cancer Society. Try to arrange a visit when you can give a regular caregiver an opportunity to get out of the house. Begin and end with a touch, hug or handshake. Be understanding if asked to leave. Offer to bring a snack or treat so as not to impose, and refer to your next visit so your friend can look forward to it.

BE CREATIVE

"The perfect gift doesn't have to be perfect at all. What are your friend's favorite things to do? Eat? Use your best-friend knowledge to pick out fun things that show them you care," Wingate said. "The smallest gifts can sometimes be the most meaningful. You know your friend better than anyone else. Cancer doesn't have to be the theme of the gift in order for it to be personalized towards them."

RUN AN ERRAND, DO A TASK

Some great ideas from the American Cancer Society: Clean a friend's home for an hour every Saturday. Babysit her children. Return or pick up a library book. Buy groceries. Go to post office. Help make to-do lists. Commit to taking her child to sports practice or music lessons.

DON'T DELAY

Show your support by getting a mammogram. "Early stage breast cancer is highly curable, so early diagnosis is important. In fact, nearly 90 percent of all patients have early stage breast cancer," said Dr. Dennis

Citrin, medical oncologist at Cancer Treatment Centers of America, Chicago. "It is important that a woman, or man, does not delay when they feel an abnormality in their breast(s)."

STAY STYLISH

Breast cancer is a cause that is close to the heart of jewelry designer Kendra Scott, whose company donates 20 percent of the purchase price of items in a specially chosen collection to the Breast Cancer Research Foundation, up to \$50,000.

THINK PINK

Alex and Ani's new Pink Tulips charm bangle, \$38, will brighten her day with its rosy hue and hopeful aroma. Twenty percent of the purchase price of each bracelet will be donated to the Breast Cancer Research Foundation.

IT'S OK TO NOT BE OK

"Cancer affects more than just the individuals who have been diagnosed with the disease. Breast cancer places an emotional toll on the family, friends and loved ones," Wingate said. "If you are struggling to cope with a friend's cancer, you are not alone. Talk to someone about how you're feeling, what your concerns are and learn how to healthily process these emotions."

"It's OK to not be OK, but often when people aren't able to handle their friend's sickness, they ignore or avoid the situation, abandoning their friend in their greatest time of need. Be there for yourself and talk to someone about your emotions, so you can be there for your friend."