



**HOCKING VALLEY  
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

**OCT. 18, 2019**

# Weekly Update



Breast cancer occurs when abnormal cells grow out of control in one or both breasts. They can invade nearby tissues and form a mass, called a malignant tumor. The cancer cells can spread (metastasize) to the lymph nodes and other parts of the body.

Breast cancer that begins in the ducts of the breast is called ductal carcinoma. It is the most common type of breast cancer. When breast cancer begins in the lobes of the breast, it is called lobular carcinoma. Sometimes breast cancer is a mix of both types.

If abnormal cells are found only in the lining of a duct or lobe of the breast, they are said to be noninvasive, or "in situ" (say "in-SY-too"). These abnormal cells are called ductal carcinoma in situ or lobular carcinoma in situ.

There are also some less common types of breast cancer, such as inflammatory breast cancer and male breast cancer.

### **What causes breast cancer?**

Doctors don't know exactly what causes breast cancer. But some things are known to increase the chance that you will get it. These are called risk factors. Risk factors that you cannot change include getting older and having changes to certain genes. Risk factors you may be able to change include using certain types of hormone therapy after menopause, being overweight, and not getting enough physical activity.

But many women who have risk factors don't get breast cancer. And many

## EVENTS CALENDAR

### **October 24: Paint & Sip Party Hocking Hills Winery**

Join us for this TWIG IV fundraiser at the winery from 5:30-8 p.m. Cost is \$50 and you choose your canvas and specialized stencil. Reservations must be made by Oct. 13. Contact Rachel at (740) 270-4379.

### **November 7: Auxiliary Book Sale HVCH Meeting Room**

Get a head start on your holiday gift shopping at our Collective Goods Books & Gifts Sale from 7:30 a.m. to 3:30 p.m. in the HVCH Meeting Room. A variety of books and other gifts are available. Proceeds benefit HVCH. Payroll deduct available for HVCH employees.

### **SAVE THE DATE!**

### **December 3: Holiday Affair HVCH Campus/CIC Building**

## INSPIRATIONAL QUOTE OF THE WEEK

*"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."*

—Norman Vincent Peale

# Broccoli Cheddar Frittata



Serves 6  
 160 Calories | 3 g Sat. Fat | 470 mg Sodium  
 \*Per Serving

Ingredients:

- 1 10-ounce package frozen broccoli (chopped)
- ¼ cup water
- 8 eggs
- ¼ cup nonfat or low-fat milk
- 2 tsp. prepared mustard
- 1 tsp. seasoned salt
- 1/8 tsp. pepper
- ¾ cup reduced-fat cheddar cheese (shredded)
- 1 Tbsp. green onion (chopped)
- 1 small carrot (diced)
- Nonstick cooking spray

Directions:

1. Preheat oven to 350 degrees
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.
6. Remove casserole from oven, add 1/2 onion and stir well.
7. Top with remaining half and return to oven, bake for 5 more minutes.

Enjoy!

## BREAST

women who get breast cancer don't have any known risk factors other than being female and getting older.

**What are the symptoms?**

Breast cancer can cause:

- A change in the way the breast feels. The most common symptom is a painless lump or thickening in the breast or underarm.
- A change in the way the breast looks. The skin on the breast may dimple or look like an orange peel. There may be a change in the size or shape of the breast.
- A change in the nipple. It may turn in. The skin around it may look scaly.
- A fluid that comes out of the nipple.

See your doctor right away if you notice any of these changes.

**How is breast cancer diagnosed?**

The type and frequency of breast cancer screening that is best for you changes as you age.

- Ages 20 to 39: Some experts recommend that women have a clinical breast exam every 3 years, starting at age 20. Talk with your doctor about how often you should have a breast exam. If you have a high risk for developing breast cancer, talk to your doctor about when to begin having routine mammograms and other screening tests, such as magnetic resonance imaging (MRI).
- Ages 40 and older: It is important for you to discuss with your doctor the medical evidence about mammograms before you decide when to start having mammograms and how often to have them. For woman at average risk: The U.S. Preventive Services Task Force recommends a screening mammogram every 2 years for women ages 50 to 74. For women ages 40 to 49, the balance of benefits and harms isn't as clear. Your doctor can help you understand the balance in your specific case. The Task Force says that the decision to start regular screening before age 50 should be an individual one. It should be based on a woman's values, her health his-

**BREAST, PAGE 3**

HVCH Cafeteria Menu Oct. 21-25				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Philly Steak N' Cheese	Breaded Chicken Breast/Bun	Breakfast Pizza	Tortilla Tilapia
Chicken Fingers	Macaroni & Cheese	Italian Sausage/Bun	Sausage Gravy/Biscuits	Macaroni & Cheese Wedges
Potato Wedges	Onion Rings	French Fries	Egg Omelette	Glazed Carrots
Carrots	Baked Potato	Corn	Taquito	Brussels w/ Bacon
Broccoli	Cauliflower	Green Beans	Oven Browns	Cauliflower
Breadstick	Spinach	Blended Veggies	Bacon	Enchilada
Tomato Soup	Chili	Chicken Noodle Soup	Broccoli Soup	Soup

# BREAST

tory, and what she prefers.

The American Cancer Society recommends that women start screening at age 45 with a mammogram every year until age 54. At age 55, women should switch to having a mammogram every 2 years. This can continue as long as their health is good and they are expected to live 10 or more years. The Society also states that women should have another option based on their values and preferences. This option is annual screening for women ages 40 to 44 and women ages 55 and older.

The risk of breast cancer increases with age, and the age at which testing no longer helps reduce death from breast cancer is not known. If you are 75 or older, talk to your doctor about mammography as a regular part of your health care plan.

Early detection is an important factor in the success of breast cancer treatment. The earlier breast cancer is found, the more easily and successfully it can be treated. Tests used for screening include:

- Mammogram. A mammogram is an X-ray of the breast that can often find tumors that are too small for you or your doctor to feel. Standard mammograms use film to record images of the breast, but most mammograms done now are digital mammograms. Digital mammograms record images of the breast in an electronic file.

- Digital breast tomosynthesis (3-D mammogram). This test uses X-rays to create a three-dimensional image of the breast. This is a newer test that may be used alone or with a digital mammogram.

- Clinical breast exam (CBE). During a clinical breast exam, your doctor will carefully feel your breasts and under your arms to check for lumps or other unusual changes. Talk to your doctor about whether to have a clinical breast exam.

Make sure you know what your breasts normally look and feel like. When you know what is normal for you, you are better able to notice changes. Tell your doctor right away if you notice any changes in your breasts.

Magnetic resonance imaging (MRI) of the breast may be used as a screening test for women who have a high risk of breast cancer. This includes women who test positive for the BRCA1 or BRCA2 gene, or have two or more close family members who have had breast cancer before age 50. MRI may also be useful for women who have breast implants or for women whose breast tissue is very dense.

Your breast density can affect how clearly your breast tissue can be seen on a mammogram. Still, if you have dense breasts and if nothing else increases your risk for breast cancer, a mammogram is the recommended test for you.

To schedule a mammogram with our Radiology department at Hocking Valley Community Hospital, please call (740) 380-8204.



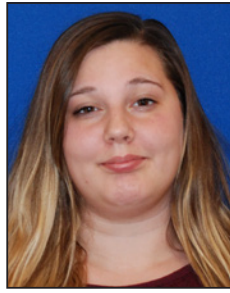
## Shriners donate \$5,000 to HVCH

The Aladdin Shriners have donated \$5,000 to Hocking Valley Community Hospital for the benefit of our pediatric rehabilitation patients. The Shrine is a philanthropic organization that regularly supports the care of orthopedically challenged and burned children. Thanks you Shriners for this donation which will purchase new equipment in our Rehabilitation Department. Pictured are members of the Hocking County branch of the Aladdin Shrine (from left): Zach Aldridge, Dave Driscoll, Rich Aldridge (President), Jeff Falkenstein and Steve Rine (Vice President).

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Dietary Aide/Cook - Part Time
- Housekeeper - Environmental Services - Full Time
- Phlebotomist - Contingent/PRN
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Nights - Inpatient Services - Part Time
- Student Intern - Healthcare Admin., Business Admin., or Human Resources (Unpaid)



## HVCH welcomes new employees

HVCH welcomes the following new employees for the month of October: Julie Daubenmire, LPN, Outpatient Psych; Kassandra "Kasee" Hart, MA, Outpatient Orthopedics; Sherry Struble, Associate, Environmental Services; Justin Sampson, Rad. Tech., Radiology; Pamela Carter, Mental Health Tech.; Behavioral Health Unit; Ariana Smith, STNA, Inpatient Services; Christopher "Chris" Davis, LPN, Rural Health Clinic/Family Practice; Steven "Steve" Hagerty, RN, Behavioral Health Unit; and Christopher "Chris" Harper, Mechanic, Plant Operations.

## Searching for a job?

Sign up for job alerts on our website at:  
<https://hvch.applicantpro.com/jobs/>

Anytime a new career is posted, you will receive an email alert. Apply for the position directly from our website.



## TWIG IV FUNDRAISER

### CROSSROADS CANDLES & COOPER'S MILL PRODUCTS

**CROSSROADS CANDLES** offers candles, candle holders, gift sets, scented cubes, and melt warmers.

**COOPER'S MILL** is owned by the same company and offers relishes, fruit spreads, homemade fudge, and nuts.

Both offer great options for holiday gifts.

**Catalogs will be available in the following areas:** Medical Records (Jeri Collins), ED (Michelle Matheny), Administration, Inpatient (Tammy Little), Patient Registration (Heather Smith), Mindy Davis, Janelle Green, Heather Breining, Pharmacy (Dawna Evans), Outpatient Rehab, SCU, and Jenny Jordan.

You may pay by cash, check or payroll deduction for HVCH employees.

Orders will be accepted through October 27, 2019.

**ALL PROCEEDS BENEFIT HVCH!**





# HOCKING VALLEY Community Hospital

## OUR MISSION

*To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.*

## OUR VISION

*To provide extraordinary care close to home now and into the future.*

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.