

Your Health Begins Here

hope-health.org

October 2019

FALL PUMPKIN PARTY

HopeHealth Pediatrics in Manning invites you to bring your children to the free Fall Pumpkin Party

OCTOBER 31, 5-7:30 pm

11 W. Hospital St., Manning

Come in your favorite costume ready to enjoy a haunted house, games, treats, snacks, and more.

For more information, email Destinee' Gregg at dgregg@hope-health.org



Seniors with Hope

Seniors with Hope topics for October feature women's health and natural disasters.

Oct. 3, 2-3:30 pm

Betha Retirement Community Chapel

157 Home Ave., Darlington

Oct. 10, 2-3:30 pm

HopeHealth Medical Plaza Magnolia Room

360 N. Irby St., Florence

Oct. 17, 2-3:30 pm

HopeHealth in Kingstree Conference Room

520 Thurgood Marshall Blvd. Suite B, Kingstree

Breast Cancer Awareness

Rosemary Davis-Gordon, CNM

October is breast cancer awareness month. Breast cancer is one of the most frequently diagnosed cancers among women in the United States. Survival rates increase with early detection and treatment. Thus, everyone needs to be aware of potential risk factors associated with breast cancer and what they can do to decrease the likelihood of developing this disease.

Breast cancer risk factors can be divided into two categories – genetic and environmental. One genetic risk factor is gender. Even though breast cancer can occur in men, it is diagnosed more frequently in women. Age is another genetic factor. As a woman ages, her likelihood of developing breast cancer increases.

Other genetic factors include early menstruation (prior to age 12), late menopause (after 55), and a family history of breast cancer. Environmental factors can include a sedentary lifestyle, obesity, poor

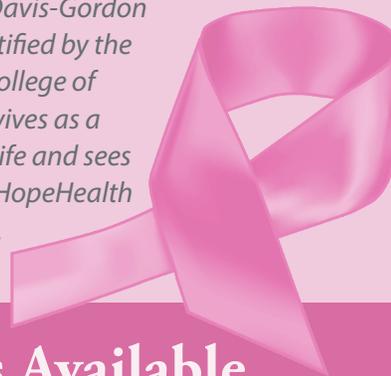
diet, and significant alcohol consumption.

Even though someone cannot change their genetic risk factors, they can change their environmental factors.

To decrease your chances of developing breast cancer, start by exercising regularly, minimizing alcohol consumption, and eating a healthy diet.

Prevention and early detection are keys to survival. Monthly self-breast exams can lead to early detection and improve survival rates. It is very important to see your health care provider on a regular basis and get mammograms as recommended.

Rosemary Davis-Gordon is board certified by the American College of Nurse-Midwives as a nurse midwife and sees patients at HopeHealth in Manning.



On-Site Mammograms Available

HopeHealth patients in Florence County can get a mammogram on site at the HopeHealth Medical Plaza, HopeHealth in Lake City, and HopeHealth in Timmons ville. Ask your care team about the McLeod mobile mammography bus for details.

VETERANS WITH HOPE

Veterans and active service members, join us and bring your family for this month's Veterans with Hope!

Meet HopeHealth's registered dietitian nutritionist Anita Longan, who will discuss "Keep It Real! Eat Real Food for Your Best Health."

Tuesday, Oct. 15, 5-6 pm

HopeHealth Medical Plaza The Palm Room

360 N. Irby St., Florence

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