

Breast Cancer Awareness

This year, an estimated **281,550 new cases** of invasive breast cancer are expected to be diagnosed **in women** in the U.S., with an additional **2,650 new cases** expected to be diagnosed **in men**.

breastcancer.org

Let's Talk Breast Health

Brinda Chokshi, MD

Physician, HopeHealth

The leading cause of death from cancer for women worldwide is breast cancer - and second in the United States. It is through patient awareness and a willingness to team with providers that breast cancer can be detected early and treated, reducing the risk of death. Partnering with your provider and regular self-exams can save lives.



When I discuss breast health with my patients, I receive many questions. Here are two of the most common questions asked, and my recommendations:

What can I do to maintain good breast health?

I cannot emphasize this enough: develop a partnership with your provider! We rely on you to work with us to provide the bigger picture of your health rather than just the snapshot we see during the office visit. This means doing things like self-breast exams for unusual lumps and annual mammograms.

Should I do my mammogram while COVID-19 is still a risk?

Absolutely! Unfortunately, in addition to the many challenges created by the global pandemic, many people have put preventive care on hold, resulting in more conditions like cancer being detected much later, delaying treatment.

I encourage patients to have mammogram screenings even during COVID-19 as early detection is key to achieving the best outcomes. Trust that technicians have been trained to mitigate the risks of transmitting COVID-19 by wearing personal protective equipment for their safety and yours.

For more Q&As regarding breast health, check out the October VIP Magazine or visit

Dr. Brinda Chokshi is a primary care provider at the HopeHealth Medical Plaza in Florence and specializes in internal medicine.

Substance Use Disorder Treatment Available

It's a fact that addiction can affect anyone...Did you know HopeHealth offers substance use disorder treatment and medication assisted treatment? We are here to help you every step of the way.

If you or someone you know is struggling with substance use, contact us today:

Florence: (843) 667-9414

Manning: (803) 433-4321

For more information, visit hope-health.org.



#RecoveryIsPossible

HRSA Recognizes HopeHealth



Each calendar year, the [Health Resources & Services Administration](#) recognizes community health centers for notable quality improvement achievements in the areas of access, quality, health equity, and health information technology for the most recent UDS reporting period.

Health Center Program awardees are required to report a core set of information, including data on patient characteristics, services provided, clinical processes and health outcomes, patients' use of services, staffing, costs, and revenues as part of a standardized reporting system known as the UDS.

HopeHealth was recognized by HRSA based on our UDS report for 2020 and awarded three community health center quality recognition badges in three areas:

- Overall clinical quality measure performance
- Advancing Health Information Technology for Quality
- Patient Centered Medical Home Recognition

Learn more about the [HopeHealth UDS data](#) used at the Health Center Program UDS data overview web page.

Tips for Hurricane Season

As we are now in the peak of hurricane season, I thought it is a good time for a refresher on hurricane safety tips as there is a good chance we will have a major storm in the next couple of weeks.



1. Have an evacuation plan in place and know where local shelters are located. Also, know where safe travel routes are in case of flooding.
2. Build your hurricane kit ahead of time. It should include food, water, medications, flashlights, batteries, etc.
3. If not evacuating, plan on losing power for at least four days. If you haven't got a generator, get one now before they are sold out or prices triple. Get four days' worth of gasoline to run the generator and store it safely and appropriately.
4. Prep your home for a storm. Trim overgrown tree branches, secure gutters, and clear debris or outside equipment that could blow away or become missile hazards. Seal windows and doors.
5. Have a plan to provide for any pets.

Hope this helps. Stay safe!!

William Poole
Director of Security

TOSS 'N' TASTE

CHILI COOK-OFF
CORNHOLE TOURNAMENT



OCTOBER 23, 2021

11AM - 4PM

AT SOUTHERN HOPS BREWING CO

Chili cook-off competitors: First 5 Free; \$25 per entry after the first 5 entrants

Chili Tasting: \$20/person or \$30/couple

Corn Hole Tournament Entry: 2 person team includes 2 shirts \$50 per team

Cash prizes

Sign Up Here: <https://bit.ly/2XUq9YM>

Proceeds benefit The CARE House of the Pee Dee.



Accessing Care From Home

HopeHealth offers a secure Patient Portal for those who wish to participate in telehealth services using a smartphone or computer. Visit hope-health.org/televisit for more information.

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hope-health.org

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