



Prevention Beat

October 5, 2011

October is Breast Cancer Awareness Month

- *Every 2 minutes, there is a new breast cancer diagnosis.*
- *Every 14 minutes, a life is lost to the disease.*
- *Over 40,000 people will die this year; about 400 of them will be men.*
- *85% of all diagnoses have no family history.*
- *1 in 8 women will be diagnosed with breast cancer.*
- *Breast cancer is the leading cause of death in women between ages 40 and 55.*

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. Breast cancer occurs primarily in women, but men can also develop breast cancer. Although men have less breast tissue than women, they do have breast cells that can undergo cancerous changes. Male breast cancer makes up less than 1 percent of all cases of breast cancer, and is usually detected in men between 60 and 70 years of age. It's estimated that approximately 2000 men will be diagnosed with breast cancer in 2011 and nearly 450 will die from the disease this year.

It is estimated that approximately \$8.1 billion* is spent in the United States each year on treatment of breast cancer. (*In 2004 dollars, as reported in Brown ML, Riley GF, Schussler N, and Etzioni RD. Estimating health care costs related to cancer treatment from SEER-Medicare data. *Medical Care* 2002 Aug; 40 (8 Suppl): IV-104-17)

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

There are several different types of breast cancer that can be divided into two main categories - noninvasive cancers and invasive cancers. Noninvasive cancer may also be called "carcinoma in situ." Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues. The two types of noninvasive breast cancers are **ductal carcinoma in situ** (referred to as DCIS) and **lobular carcinoma in situ** (referred to as LCIS).

Not all breast cancers are alike - there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For doctor and patient, knowing the stage of breast cancer is the most important factor in choosing among treatment options. Doctors use a physical exam, biopsy, and other tests to determine breast cancer stage.

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. Mammography screening remains the best available method to detect breast cancer early. However, no medical test is always 100 percent accurate, and mammography is no exception. It is important for women to practice the elements of good breast health. It is suggested women:

- Obtain regular mammography screening starting at the age of 40
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician

For more information about mammography screening, please refer to American Cancer Society's website at: <http://www.cancer.org/>. For screening locations, visit The American College of Radiology website at: <http://www.acr.org/accreditation/AccreditedFacilitySearch.aspx>.

To learn more about Breast Cancer Awareness Month please visit the following website: <http://www.nbcam.org/> or <http://www.breastcancerawareness.com/>.

Early detection is the key to treating and surviving breast cancer!

This month's Prevention Beat is dedicated to Tonya. So proud of you and your courageous battle against Breast Cancer! Glad you have made it to the other side! Stay healthy!!!

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

For clients of OHS-COMP CARE, we are offering seasonal flu shots to employers again in 2011. To be put on the list to be scheduled for an on-site or to learn more please contact client services at 816-561-2105 (option 1) or by email at clientservices@ohscompcare.com.

Arrange for your flu shots today and take the BITE out of the FLU BUG for you and your employees!

******We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well******



Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

****Please feel free to forward this information to any member of management in your company who would benefit from it.****

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompcare.com. You can also visit us at www.adultquickcare.com or www.ohscompcare.com.

OHS-COMPCARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available
***Now open Saturday 9am – 1pm**

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.