

What's Making News at GMA

Staff News

Welcome to Angie McFarland, CMA who has joined our nursing staff as Dr. Shaw's medical assistant.

Yvonne Bowen, RN recently welcomed her third grandchild and first granddaughter. Congratulations Yvonne!

Donna (DJ) Jones, RN and Diane Evers, LPN completed An Emergency and Critical Care Conference at Greensboro AHEC on October 9.

Jake Simeunovic has been accepted into the nursing program at GTCC. He will begin the program in January of 2009.

Zostavax (Shingles Vaccine) returns

We have once again ordered Zostavax for our patients. The vaccine is currently on back order but should arrive by January 2009. We encourage all patients 60 and older to discuss this vaccine with their physician. See our website for more information on Zostavax.

Flu Shots are here!!

Flu season is here and so are flu shots! You may get your flu shot Tuesday through Friday between 9 AM and 12 noon and between 2 PM and 4 PM. Just check in at the front desk when you arrive.

Medicare Advantage Insurance Plans

If you are nearing Medicare age and are looking into health care options, or if you are currently participating in a Medicare Advantage Plan, we can answer your questions and help you make the best decision regarding your health care needs. See our website for more information.

**CHECK OUT OUR UPDATED WEBSITE AT
WWW.GUILFORDMEDICAL.COM**

MEDICAL UPDATES

Breast Cancer Awareness

October is Breast Cancer Awareness Month. Breast Cancer is the most common form of cancer in the United States (other than skin cancer). It affects over 200,000 women (and men) each year. One in eight women will develop breast cancer during their lifetime! In this column we will discuss risk factors for breast cancer, screening recommendations, and a relatively new medical option to help prevent breast cancer.

Your risk of Breast Cancer has been linked to multiple factors:

- Female gender
- Age
- Family History and certain genetics (ie. BRCA)
- Menstrual and Reproductive History
- History of abnormal breast biopsies
- Obesity and physical inactivity
- Alcohol intake

To calculate your risk based on these and other factors, try out the Breast Cancer Risk Assessment Tool at <http://www.cancer.gov/bcrisktool>.

Because breast cancer is treatable when detected early, we strongly recommend that all women undergo routine screening with:

- Monthly Self Breast Examinations
- Annual Clinical Breast Examination by a physician
- Annual mammogram for women 40 years and older. Women should consider a baseline mammogram at age 35, particularly if they are at increased risk for breast cancer.

There are medications that have been approved to reduce the risk of invasive breast cancer in women who have an elevated risk of breast cancer. If your risk for breast cancer is increased, we encourage you to discuss these options with your physician.

For more information on Breast Cancer see www.cancer.gov/cancertopics/types/breast.

