

# The Pulse

Keeping a pulse on healthcare integration at RBH



According to the World Health Organization (WHO), breast cancer is the most common form of cancer among women globally, claiming the lives of hundreds of thousands of women every year. Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. **One in eight women in the United States will be diagnosed with breast cancer in her lifetime.** According to the National Breast Cancer Foundation, Inc. in 2021 an estimated 281,000 new cases of invasive breast cancer were diagnosed in women in the U.S. as well as; over 49,000 new cases of non-invasive breast cancer. **Breast Cancer can also be found in men. In the U.S. 1 in every 100 breast cancer diagnoses are among men.** People with certain risk factors such as a family history of breast cancer, are more likely than others to develop breast cancer. Having a risk factor does not mean that a person is guaranteed to get breast cancer. **Unfortunately, the exact causes of breast cancer is unknown.** National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. It is essential to spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved. **Getting mammograms regularly can lower one's risk of dying from breast cancer.** A good way to improve survival rates for Breast Cancer includes better screenings and early detection, increased awareness, and continually improving treatment options.

For more information, visit the American Cancer Society website at <https://www.cancer.org/cancer/breast-cancer.html>.

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# BREAST CANCER

awareness month

BREAST CANCER IN THE U.S. WILL AFFECT



OVER THE COURSE OF HER LIFETIME



APPROXIMATELY 1 OUT OF EVERY 100 BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A MAN.

## SIGNS AND SYMPTOMS

- 
- New lump in the breast or underarm (armpit).
  - Thickening or swelling of part of the breast.
  - Irritation or dimpling of breast skin.
  - Redness or flaky skin in the nipple area or the breast.
  - Pulling in of the nipple or pain in the nipple area.
  - Nipple discharge other than breast milk, including blood.
  - Any change in the size or the shape of the breast.
  - Pain in any area of the breast.

## RISK FACTORS

### ALCOHOL

Breast cancer risk increases with the amount of alcohol a woman drinks.

### SMOKING

Smoking is associated with a small increase in breast cancer risk.

### OBESITY

Being overweight is associated with increased risk of breast cancer.

## PREVENTION TIPS



Breastfeed one's children, if possible.



Don't drink alcohol, or limit alcoholic drinks.



If one has a family history of breast cancer, they should talk to a doctor for more prevention tips.



Exercise regularly.

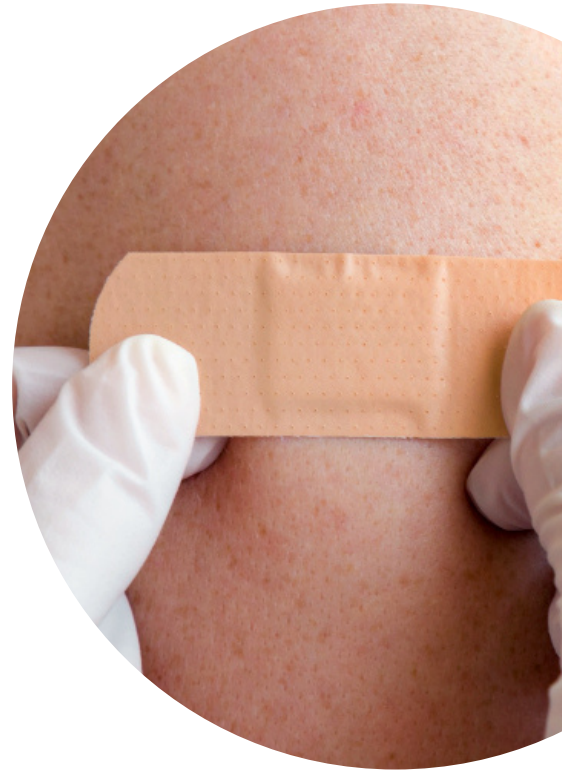
# EnRICHing Lives



Sharon grew up on the north side of Richmond and has 3 children and 2 grandchildren. Her granddaughters live in Colorado with her son, her daughter lives in California, and her oldest son lives in London. Her favorite quote is "Love God and love your neighbor as yourself." For fun she enjoys crabbing. "I love to go crabbing in the Chesapeake Bay. Crabs are my favorite thing to eat. It is the best!" Sharon has been with RBHA since 2018. "I was at Caritas with major depression and they referred me to RBHA." Sharon has received several services from RBHA including medical, peer support, and mental health. When asked what motivates her Sharon stated, "My faith, the right medication, and excellent therapy through RBHA." When asked about her first experience with the RICH Recovery Clinic, Sharon said "It was great. Dr. Fleshman spent a lot of time with me. She was compassionate. Her nurse Inga was great too." Sharon said that the best part of the RICH Recovery Clinic was the people. "From the front desk to the nurse practitioner, they are compassionate. I felt heard and I didn't feel rushed at all." She does like receiving all the service in one spot. When asked how the pandemic affected her recovery Sharon shared, "COVID was difficult because of the isolation.

Unfortunately I used alcohol to numb myself in the isolation. I decided to go to AA and have been sober for a year." When asked about her future goal, Sharon says, "I'm working on my own business called Full Circle Wreaths. I make wreaths for all seasons but mostly Christmas. I'm also in my last year of learning spiritual direction at Richmond Hill in Church Hill. I want to use my skills to help others in grief counseling. Having had a great share of losses myself, I have compassion and empathy for others who are grieving. My faith is what helped me when dealing with loss." In 1991 Sharon was diagnosed with a chronic disease. "My disease has many limitations. I lost the ability to work full time. I still endure pain all over daily. I have been divorced twice. I've had a series of family and friends die in a short period of time. I understand the despair that comes with depression. I've lost family members and friends as a result of my alcoholism. I'm in the process of mending those broken relationships. God has been my rock and is always there for me." Sharon also shared that she has gone through sexual abuse as well. "It's always the last thing I mention but I don't want that to be a hidden thing. We can survive. We can resiliently transform," she says. When asked what she would tell someone interested in coming to the RICH Recovery Clinic, Sharon said "Go immediately!" When asked what she would say to someone in a similar situation to help inspire them, Sharon says "No matter how low we go, there is always someone and something greater than ourselves that can guide us forward. **I would say that the combination of having the resources from RBHA and my faith community, my education at Richmond Hill and my experience in AA have all combined to make my life prosperous and healthy beyond any financial thing I could ever do.**"

# It's Flu Season!



Don't forget that the RICH Recovery Clinic provides a wide range of immunizations for it's clients including: Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

To make an appointment have your Case Manager email Chandra McMillan at [mcmillanc@rbha.org](mailto:mcmillanc@rbha.org)