

Wesley Nurse Corner:

3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Dear LWMUMC Family,

October is Breast Cancer Awareness Month. Did you know that breast cancer can occur in both women and in men? Though men are only a small proportion of those affected by breast cancer, anyone can get it. Any person who notes changes or symptoms in their breast area should be followed by their health care provider. Early detection and treatment help to increase one's chance of survival. Please see your PCP immediately if any breast, arm pit, or general area symptoms are noted such as discoloration, lumps, bumps, thickening skin, scaling, redness, puckering, nipple discharge, new nipple inversion, or any changes in size or shape of one's breast (<https://www.mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470>).

Though all of October is for Breast Cancer Awareness, Friday the 22 of October is "Wear it Pink Day" to show your support for breast cancer. Consider wearing pink to show support of increased awareness and to show your support for those suffering from this disease. For more general information on breast cancer go to:

Resource for Women: <https://www.healthline.com/health/breast-cancer#awareness>

<https://www.nationalbreastcancer.org/>

<https://www.komen.org/> 1-877 GO KOMEN or 1-877-465-6636

Resource for Men-: <https://www.nationalbreastcancer.org/male-breast-cancer>

The following is another opportunity for women this October. October Women's Health Panel Blood Draw cost savings opportunity (offered all of October) see attachment for details.

QuickDraw October Special



WOMEN'S HEALTH PANEL
ENTIRE MONTH OF OCTOBER

\$99 (regularly \$135)

\$99 WOMEN'S HEALTH PANEL INCLUDES

- Comprehensive Metabolic Panel
- Complete Blood Count
- Thyroid Stimulating Hormone (TSH)
- Hgb A1C and Glucose Level (screen for diabetes)
- FSH (female hormone)

Fasting - typically 10 hours before testing.

Black coffee and water permitted.

QuickDraw results mailed to you within 7 days

NO Appointment Necessary

Physician's order NOT required

Register at HCM's Admissions Entrance

**INSURANCE NOT ACCEPTED / CASH,
CHECK, OR CREDIT CARD ONLY**

Medicare patients please consult physicians



Some fruits and vegetables highlighted for the month are: Broccoli, pumpkin, raspberries.

Try something new this month. Some recipe ideas to try are broccoli pasta or raspberry moose.

<https://www.healthbyjan.com/easy-broccoli-pasta/>

(If you are planning a breast cancer awareness pink party, an alternative to a pink cake or cookies is this pink raspberry moose cups recipe.)

<https://www.myrecipes.com/recipe/raspberry-mousse-0>

Your Wesley Nurse,

Bonita