



## TAYLOR TIDBITS

### Taylor Regional Hospital Celebrates Breast Cancer Awareness Month

Breast Cancer Awareness Month is an annual campaign for the month of October to increase awareness of the disease. It is the most common cancer among women worldwide and the second-most common cancer overall. So this is the time for you to get more informed about this women's health issue! One in eight women will have breast cancer in their lifetime. Many of you probably know someone that has been affected by breast cancer; I have patients tell me of relatives or friends on a daily basis. Early detection is key in the prevention and treatment of breast cancer. So take care of yourself. Use the buddy system to remind friends and family to perform monthly self-breast exams. Have your doctor perform a clinical breast exam every 3 years prior to age forty and every year after forty. Women always ask me when they can stop having mammograms and the following is what I tell them. The American Cancer Society recommends having yearly mammograms starting at age forty and continue to have them as long as you are in good health.

Here at Taylor Regional Hospital we have been providing quality digital mammography since May 2010. We are accredited by the American College of Radiology and the Food and Drug Administration. Our patient's say they like to come here because it's local, fast and friendly. My name is Kema and I have been doing mammograms here for the last 16 years. It is my pleasure to provide these services for you, along with all the radiology staff. In appreciation of your patronage we offer a goody bag containing brochures, mints and various breast cancer awareness and Taylor Regional Hospital items during the month of October.

Now through December is the busiest time of the year for getting a mammogram. Please make your appointment early, don't wait until the last minute. Call the x-ray department at 479-783-0288 to schedule your appointment. If you had your last mammogram at another facility please call that facility to have previous examinations sent to us ahead of time. This will expedite you getting your results. You don't need a doctor's order for a routine screening mammogram. However, we do need a doctor on file to send the report to. If you are currently experiencing any breast related problems, please see your doctor right away to get the most appropriate treatment.

If you are looking for an event to participate in to support breast cancer awareness, you can find information online at [www.komencentralga.org](http://www.komencentralga.org). Also check out your local Relay for Life event with the American Cancer Society. Taylor Regional Hospital has a team every year. We do many fundraisers during the year such as the local pet parade and blessing of the animals, fun runs, and baked good auctions. I hope you are motivated to participate in some way in our local efforts.

*Article submitted by:  
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