

# HealthyU

*A publication of University Health Care System*

OCTOBER 2008



**OCTOBER IS BREAST CANCER AWARENESS MONTH**



## The Digital Age

*University's Mobile Mammography Unit offers high-tech images on the go*

**Remember “way back” in the 1990s when the advent of digital photography pitted film buffs against the technophiles?** Those who held steadfastly to their film cameras were adamant that nothing could replace the rich texture of film while those who embraced digital technology raved about the versatility of digital cameras, plus, you know, you could tell immediately whether you got the shot.

The same can be said about digital mammography, which is now available on University's Mobile Mammography Unit.

Digital mammography is heading toward the future of screening capabilities with clearer pictures, greater versatility and, yes, the all-important knowledge that you did actually get the shot.

Marion Wier, M.D., a radiologist who practices at University Hospital, said digital mammography offers a number of upgrades that make a striking difference in picture clarity.

“It provides high contrast so the details of the images are better,” he said. “It separates things out to try to identify small cancers.”

Patients won't even notice a difference when they get mammograms because all the technology is behind the scenes. But one thing women will notice is that they won't be left alone in the room anymore.

Once a film mammogram is taken, the technologist has to leave the room with the film, develop it and make a decision as to whether or not the picture shows



“With digital, the technologist has a small monitor in the room, so when she takes an exposure, it’s instantaneous that she sees the image. So she knows if she’s gotten a good image.”

-Marion Wier, M.D., Radiologist

everything it should. This could be a 10-minute process; a time period when a lot of women are left waiting anxiously to find out if they’re done for the day.

“With digital, the technologist has a small monitor in the room, so when she takes an exposure, it’s instantaneous that she sees the image,” Dr. Wier said. “So she knows if she’s gotten a good image.”

And when that image is taken, Dr. Wier said it’s amazing the difference between analog and digital results. The digital machines include a different type of detector that is able to absorb more radiation, creating a more detailed final image.

“When you take a film screen image, you get what you shoot, and if it’s under-exposed or over-exposed, you can’t do anything with that,” Dr. Wier said. “But with digital, you can manipulate the image.”

Not only are the images a higher resolution, but storage also has gone into the digital age. Digital pictures taken on the Mobile Mammography Unit can be uploaded and viewed in a number of ways – at the hospital, in a doctor’s office and even in a doctor’s home – which means that two people, miles apart, can be looking at the same image at the same time.

Pam Anderson, Cancer Services program coordinator at University Hospital and the Breast Health Center, said she’s been amazed at the difference in picture quality when it comes to the digital unit.

“When I saw a comparison, I really realized what a good thing we were doing,” she said. “It was like it wasn’t even the same breast.”

Ms. Anderson also noted another new change to the mobile unit – the addition of comfort pads that will be available to patients free of charge.

The MammoPads, a soft foam cushion that is placed on the surface of the image detector, will be funded through University Health Care Foundation.



“It just adds a little more comfort to the procedure,” Ms. Anderson said.

**To learn more about University’s Mobile Mammography Unit or to schedule a screening, call 706/774-4149 or toll free 866/774-4141.**

# Time to Celebrate

*Annual dinner honors breast cancer survivors and gives them a reason to smile*

**Cancer patients often experience enormous physical and mental stress** during the course of their treatment. Breast cancer patients are no different. The psychological blow that comes from losing your breasts is one that can send even the most optimistic women reeling.

That's why it's so important to take time to celebrate those momentous milestones when they come.

University Hospital's annual Breast Cancer Survivor Dinner, sponsored by Comcast, Macy's and University's

Breast Health Center, is an evening designed to give women a chance to celebrate another year of triumph over cancer. It will be held at 6 p.m., Thursday, Oct. 2, at Warren Baptist Church, 3203 Washington Road.

This year's event includes dinner, a fashion show presented by Macy's and the presentation of this year's Portraits of Life.

The Portraits spotlight 10 women who, even in the midst of the toughest battle of their lives, exemplify the spirit and dignity of women everywhere. Their stories are meant to inspire and comfort those women who might be just beginning their own journey down this difficult road.

**This free event is for breast cancer survivors and one guest. Please, no children. Reservations are required. Call 706/828-2502 or toll free 866/591-2502.**



# A Miracle in the Making

*Annual walk helps benefit breast cancer patients, Mobile Mammography Unit*

**Regular screening mammograms are one of the best ways to help detect possible breast cancers.** Unfortunately, there are still many women who delay, or think they can't afford a mammogram. That's where University Hospital's Breast Health Center steps in.

The center has a longstanding tradition of helping those women who might be financially unable to pay for a mammogram, and the annual Miracle Mile Walk helps raise the funds necessary to provide these potentially life saving screenings. This year's event begins at 8 a.m., Saturday, Oct. 18, at the Augusta Common, Eighth and Reynolds streets.

In its eighth year, the Miracle Mile Walk is part fundraiser and part celebration. In 2007, nearly 2,000 walkers helped raise more than \$140,000 to assist underinsured and uninsured women receive screening mammograms and other services through the Breast Health Center. Breast cancer patients and survivors are the focal point at this event.

**For more information about the walk, or to register for the event, call 706/729-5656.**

## By the Numbers

**41,116** Number of breast cancer deaths for women in 2005.

Percent of women 40 years of age and older who had a mammogram within the past two years. **67**

**18.3 million** Number of physician office visits in 2005 during which mammograms were ordered or provided.

**2.6 million** Number of hospital outpatient department visits in 2005 during which mammograms were ordered or provided.

Source: National Center for Health Statistics (2005 statistics)



## Step Up

*Even small amounts of exercise have healthful benefits*

**It's no secret that exercise is a key ingredient to good health**, but people often don't realize that something as simple as walking 30 minutes a day, five days a week can have a lasting effect on your life.

The President's Council on Fitness notes that regular physical activity can help prevent a number of chronic conditions and diseases, such as heart disease, type 2 diabetes, osteoporosis and conditions associated with obesity, including stroke and arthritis.

University Hospital wants to make it easier for people to keep track of how much they walk, so we're offering a **free digital pedometer to the first 250 people who call University's Heart Line to request a Heart Information Kit**. The kit includes information on heart disease and what you can do to lower your risk; a one-day pass to

### *Getting Started*

Here are some helpful links for those people who would like to begin a walking program:

- [www.thewalkingsite.com](http://www.thewalkingsite.com)
- [www.aarp.stepuptobetterhealth.com](http://www.aarp.stepuptobetterhealth.com)
- [www.walkinginfo.org](http://www.walkinginfo.org)
- [www.walking.about.com](http://www.walking.about.com)
- [www.fitness.gov/BCBSAfinalfinalWalkGuide.pdf](http://www.fitness.gov/BCBSAfinalfinalWalkGuide.pdf)

Health Central, University's health and wellness facility; a brochure on University's Cardiovascular Services; and tips on managing your weight, which may help lower your risk of heart disease.

Keep in mind that before you begin any new exercise program, it's best to see your physician first to ensure that you're physically able to exercise if you've been sedentary for an extended period of time. Also, don't think that you have to hit 10,000 steps, a goal touted by many walking-enthusiast Web sites, the first time out. A slow build in time and intensity can help you avoid frustration as well as possible injury.

Here are a few other tips from the Presidents Council on Fitness to get you started on the road to heart health:

- **Choose comfortable, supportive shoes**, such as running, walking or cross training shoes.
- **Maintain a brisk pace**. You should work hard to keep up the pace, but still be able to talk while walking.
- **Practice correct posture** – head up, arms bent at the elbows and swinging as you stride.
- **Drink plenty of water** before, during and after exercising to ensure you don't get dehydrated.

**Call University's Heart Line at 706/828-2828 or toll free at 866/601-2828 to request a free Heart Information Kit. The first 250 people to call and request a kit will receive a free digital pedometer.**

## COMMUNITY EDUCATION

### 'Full Support':

#### Dealing with Breast Cancer

**Pam Anderson, R.N.,** program coordinator of University's Cancer Services and the Breast Health Center

Tuesday, Oct. 14 • 6-7:30 p.m.

University Hospital Cafeteria

Dining Room 1-3

1350 Walton Way

This event is for women or family members of women who are newly diagnosed or are going through treatment for breast cancer.

**Free. Dinner will be served. Registration is required. Call 706/828-2502 or toll free 866/591-2502.**

#### The Eighth Annual Miracle Mile Walk

Saturday, Oct. 18 • 8-9 a.m.

registration; 9 a.m. walk begins

Augusta Common

Eighth and Reynolds streets

Sponsored by University Health Care Foundation, the Miracle Mile Walk is a three-mile walk to raise money to benefit breast cancer care through University Hospital's Breast Health Center and its Mobile Mammography Unit.

**For more information about the walk, or to register for the event, call 706/729-5656.**

### Ask the Doc:

#### A Breast Cancer Forum

**Miriam Atkins, M.D.,** medical oncologist; **Randy Cooper, M.D.,** general surgeon; and **Jed Howington, M.D.,** radiation oncologist

Monday, Oct. 20 • 6-7:30 p.m.

Doubletree Hotel

2651 Perimeter Parkway, Augusta

**Free. Dinner will be served. Reservations are required. Call 706/828-2502 or toll free 866/591-2502.**

#### Tour University's New Digital Mobile Mammography Unit

Monday, Oct. 20 • 5-6 p.m.

Doubletree Hotel

2651 Perimeter Parkway, Augusta

**Open to the public. Door prizes will be awarded at the event.**

#### Sign Language Classes

(8-week course)

Thursdays • 7-8 p.m.

Beginners: Sept. 11-Oct. 30

Intermediate: Jan. 9-Feb. 26, 2009

Advanced: April 16-June 4, 2009

\$40 (non-refundable) per person and \$40 for materials.

**Space is limited, and registration is required. For more information, call 706/774-8559.**

## SAVE THE DATE

### Diabetes Expo

Saturday, Nov. 8 • Noon-5 p.m.

Warren Baptist Church

3203 Washington Road

**Look for more information in next month's issue of *Healthy U*.**



### Tobacco Wars:

#### The Battle for a Smoke-Free Society

**Guest Speaker: Patrick Reynolds**

Thursday, Nov. 20 • 6-7:30 p.m.

Belair Conference Center

4081 Jimmie Dyess Parkway

Patrick Reynolds is a grandson of tobacco-company founder R.J. Reynolds, but became a nationally known champion for a tobacco free society after his father, R.J. Reynolds Jr., died from smoking. Mr. Reynolds uses his personal story to motivate youth to stay tobacco free and to empower smokers to successfully quit.

**Free. Dinner will be served, and reservations are required. Call 706/828-2502 or toll free 866/591-2502.**

## SUPPORT GROUPS

### Arthritis Support Group

Last Monday of each month

Monday, Oct. 27 • 5 p.m.

University Hospital Cafeteria

Dining Room 1

1350 Walton Way

**For more information, call 706/774-2760.**

### Parents Healing Together

First Monday each month

Monday, Oct. 6 • 7 p.m.

University Hospital Cafeteria

Dining Room 6

For parents, families and friends who have lost infants through miscarriage, death, ectopic pregnancy or stillbirth.

**Call 706/774-2751 or 706/774-5802 for more information.**

### Pink Magnolias Breast Cancer

Second Monday each month

Monday, Oct. 13 • 6:30 p.m.

University Hospital

Breast Health Center

Professional Center 2

Suite 205

818 St. Sebastian Way

A support group for partners of women with breast cancer meets at the same time.

**For more information, call 706/774-4141 or toll free 866/774-4141.**

### Alzheimer's Disease – Westwood

Third Thursday each month

Thursday, Oct. 16 • 3 p.m.

Westwood Nursing Facility

Conference Room

561 University Drive, Evans

**For more information, call 706/863-7514.**

## CANCER SERVICES

### Focus on Healing

Every Tuesday, 6 p.m.

An exercise class for women with breast cancer

Walton Rehabilitation Hospital

1355 Independence Drive

**Registration required. Call 706/823-5294.**

### Mobile Mammography

- Oct. 1  
Milliken, McCormick, S.C.
- Oct. 2  
Belle Terrace  
Health & Wellness Center
- Oct. 3  
University Hospital
- Oct 6  
Dillard's, Aiken Mall

- Oct. 7  
Internal Medicine Partners  
3121 Peach Orchard Road
- Oct. 9  
Jenkins County Hospital
- Oct 10  
University Hospital
- Oct. 13  
Jon Ric Medical Spa & Salon
- Oct. 14  
Wills Memorial Hospital
- Oct. 15  
Richmond County Health Dept.
- Oct. 15  
Curves, South Augusta
- Oct. 20  
Columbia County Health Dept.
- Oct. 21  
Wrens First Baptist Church
- Oct. 23  
Club Car
- Oct. 28  
Edgefield Medical Center
- Oct. 30  
Edgefield Medical Center
- Oct. 31  
South Augusta Health Dept.  
Peach Orchard Road

Yearly mammograms are covered by Medicare and most insurance companies. Open to the public for women over 40. **Appointments required. Call 706/ 774-4149 or toll free 866/774-4141.**



### Look Good ... Feel Better

Third Monday each month  
Oct. 20 • 5-7 p.m.  
American Cancer Society office  
2607 Commons Blvd., Augusta  
Sponsored by the American Cancer Society, this program helps female cancer patients maintain their appearance and self-image during treatment. Free makeup kit given to each participant.  
**Registration required. Call 706/731-9900.**

### Fresh Start Smoking Cessation Program

Sponsored by the American Cancer Society, with University Hospital instructors  
Thursdays: Oct. 2, 9, 16, 23  
7:30-8:30 a.m.  
Tuesdays: Oct. 7, 14, 21, 28 • 6-7 p.m.  
University Hospital Cafeteria  
Dining Room 6  
1350 Walton Way  
**Registration required. Call 706/774-8900.**

### WOMEN'S SERVICES

The following classes are held at University Hospital, 1350 Walton Way, in the Women's Center classroom on the third floor unless otherwise stated. All classes are free but require registration. Call 706/774-2825 for information or to register.

### Childbirth Preparation Class

(4-week series)  
Mondays: Oct. 27, Nov. 3, 10, 17  
Wednesdays: Oct. 29, Nov. 5, 12, 19  
7-9:30 p.m.

### Weekender Childbirth

Preparation Class  
Friday & Saturday, Oct. 3 & 4  
6:30-9:30 p.m. Friday  
9 a.m. to 5:30 p.m. Saturday

### Women's Center Tour

Thursday, Oct. 9  
7-9:30 p.m.

### Sibling Birthday Party

Tuesday, Oct. 28  
3-4 p.m.  
University Hospital Cafeteria

### Introduction to Infant CPR

Thursday, Oct. 30  
7-8:30 p.m.



### Mommy & Me Support Group

Tuesday, Oct. 14  
Babies R Us, Mullins Crossing  
4225 Washington Road, Evans  
For new moms and infants

### Breast-feeding Class

Thursday, Oct. 16  
7-9 p.m.  
Babies R Us, Mullins Crossing  
4225 Washington Road, Evans

### Refresher Childbirth Preparation Class

Monday, Oct. 6  
7-9:30 p.m.

### HEALTH SCREENINGS

#### Pulmonary Function Screenings

Third Wednesday each month  
Wednesday, Oct. 15 • 10-11:30 a.m.  
University Hospital  
Professional Center 2  
Suite 200  
818 St. Sebastian Way  
Service offered for people with a history of smoking, shortness of breath or wheezing.  
**Appointments required. Call 706/774-5777.**

#### Speech and Hearing Screenings

For children and adults  
University Hospital  
Speech and Hearing Center  
1430 Harper St., Suite C3, Augusta  
Or Professional Center 2, Suite 102  
4321 University Parkway, Evans  
**Appointments required. Call 706/774-5777.**

**NOTE: All support groups, classes and screenings are free unless otherwise noted.**



*University Hospital celebrates Breast Health Month with the unveiling of the Portraits of Life. Top row, from left: Lisa Bryant, Lucy Ivey, Betty Jo Frost. Middle row, from left: Julie Bridges, Vicki Gallahue, Jacqueline Lawrence. Bottom row, from left: Lula Burton, Stana Simpson, Bonnie Price, Michelle Brannen.*

**Pretty in Pink Day**

Wednesday, Oct. 1  
Wear pink on Oct. 1 to show your support of Breast Cancer Awareness Month.

**Breast Cancer Survivor Dinner**

Thursday, Oct. 2 • 6 p.m.  
Warren Baptist Church  
3203 Washington Road  
This event, sponsored by Comcast, Macy's and University Hospital's Breast Health Center, will feature a fashion show and the annual Portraits of Life, a photo exhibit of local breast cancer survivors. This event is for breast cancer survivors and one guest. Please, no children.  
**Free. Reservations required. Call 706/828-2502 or toll free 866/591-2502.**

**Free Breast Self-Exam Classes**

Monday, Oct. 6, 13 & 27 • 4 p.m.  
University Hospital  
Breast Health Center  
Professional Center 2

Suite 205  
818 St. Sebastian Way  
**Registration required. Call 706/774-4141 or toll free 866/774-4141.**

**WJBF Health and Wellness Expo**

Saturday, Oct. 4 • 9 a.m.-6 p.m.  
James Brown Arena  
601 Seventh St.  
University Health Care System is joining WJBF for its second annual Health and Wellness Expo. This event is free and open to the public, and will include screenings, tests and other valuable health information. University will offer free blood pressure readings, blood sugar testing and total lipid panel screenings.

**Third Annual Pink Ribbon Ride**

Saturday, Oct. 11  
Registration is from 9:30-11 a.m. at Augusta Harley Owners Group. 4200 Frontage Road  
\$10 entry fee or 3 for \$25  
This event is sponsored by Augusta H.O.G. It will conclude

at 1 p.m. at Indigo Joe's Sports Pub & Restaurant, where there will be door prizes and a silent auction. All proceeds will benefit University's Breast Health Center.  
**For more information call 706/651-0444.**

**Cut for a Cure**

Sunday, Oct. 12 • noon – 5 p.m.  
Your Salon at Augusta Mall Dillard's  
\$10 haircuts and mini manicures. All proceeds benefit University's Breast Health Center.  
**No appointment necessary. Call 706/481-8866 for more information.**

**Cut for a Cure**

Monday, Oct. 13 • 9 a.m.-3 p.m.  
Jon Ric Medical Spa & Salon  
229 Furys Ferry Road  
\$10 haircuts.  
All proceeds benefit University Hospital's Breast Health Center.  
**Call 706/869-7755 for more information.**