

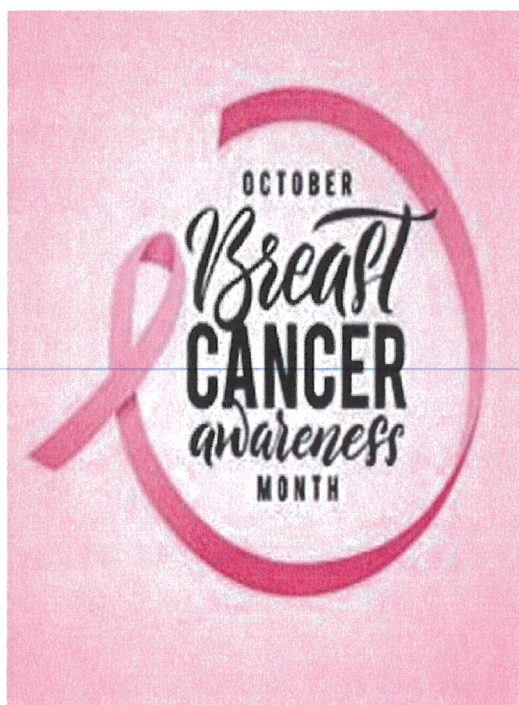


OCTOBER



LIVING HANDS NEWSLETTER

Hey Everyone!! Welcome to the October edition of the Loving Hands Newsletter. The month of October symbolizes a host of things. Fall gets started, the weather gets cooler, and kids are looking forward to Halloween so they can score a load of candy!! Here at Loving Hands, we want to take the time and shine a light on another important topic for October, Breast Cancer.



Breast cancer affects 1 in every 8 women. That means that 13% of women will be diagnosed with breast cancer. The recommended age to start screening annually for breast cancer is 40yrs. The majority of the caregivers and clients at Loving Hands are women!! We have to take this seriously!! Any women over 60yrs should be screening twice a year. Lastly, if you're high risk, you have to start screening at 30yrs. This is a serious issue, SO LET'S BE PROACTIVE!!

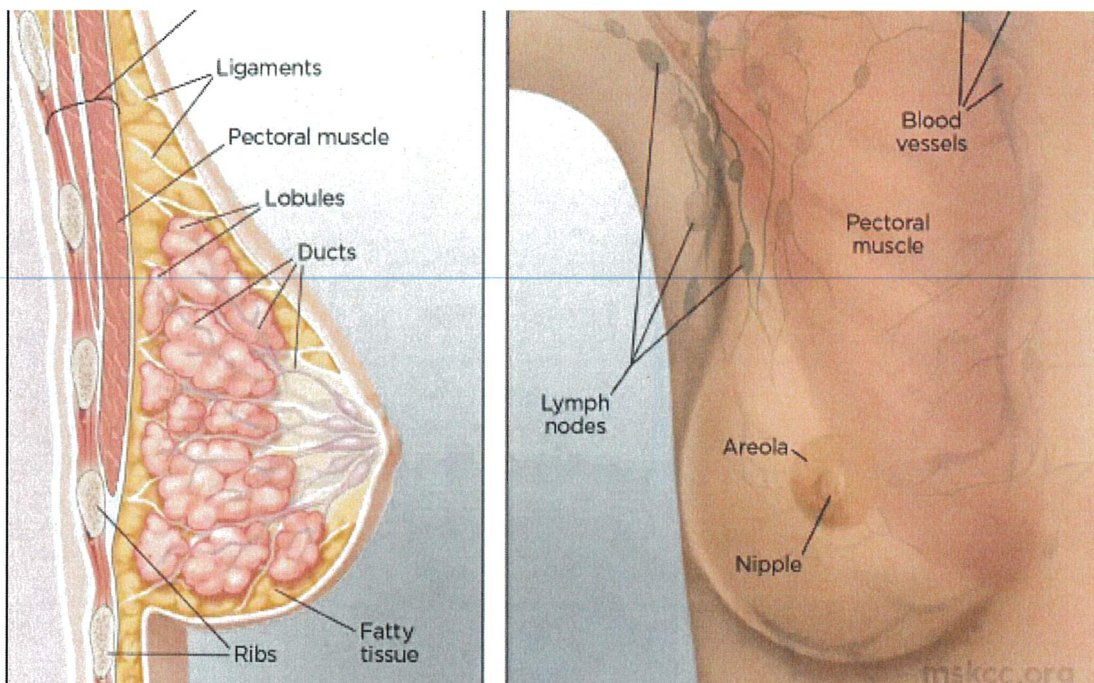
ANNUAL TRAINING!!!



Its that time of year again when we all have to do annual training. Annual Training is located under the "continuing education" tab on the Loving Hands website. (www.livinghandsphilly.com) All of the modules must be completed once every year. Once you have completed a module, there is a short quiz, and then a certificate of completion will be issued. Take a screenshot of the certificates and send them to livinghandsphilly@gmail.com. The trainings are mandatory and will be checked by the insurance companies when they do their audits. It is a requirement that ALL caregivers show that they know the important information and rules that are associated with providing great home care.

Where does breast cancer start?

- **Lobules** are sacs that make milk. Breast cancer that starts in your lobules is called [lobular cancer](#). MSK has a [Lobular Breast Cancer Program](#) run by experts in this cancer type.
- **Ducts** are thin tubes that carry milk. Breast cancer that starts in your ducts is called [ductal cancer](#). It's the most common type of breast cancer.
- **Fibrous tissue** is also called connective tissue. **Fatty tissue** fills the space between your lobules and ducts. Some rare forms of breast cancer start in fibrous and fatty tissue.
- **Lymph nodes** are small organs in your armpit, collarbone, neck, and chest. Sometimes, breast cancer can spread to lymph nodes.



How does breast cancer spread?

Breast cancer spreads when cancer cells break away from the first tumor. They move to other parts of your body through your blood. These cells can grow into new tumors in other places. This includes the lymph nodes, bones, liver, lungs, or brain.

When cancer spreads from where it started to another area, it's called metastasis (meh-TAS-tuh-sis).

What are dense breasts?

[Dense breasts](#) are normal. They have more fibrous or connective tissue. When you have a mammogram, the dense tissue looks white on the image of your breast. But cancer cells also look white on mammogram images. It can be hard to spot cancer cells in images of dense breasts.

Some people with dense breasts may need extra [imaging tests](#), such as ultrasounds or MRIs, to help find any possible cancers.

You will know if you have dense breasts after getting a mammogram. In September 2024, the FDA ruled that breast density must be on your report after getting a mammogram. Having dense breasts can put you at a higher risk for breast cancer. Talk with your doctor about your risk.

What causes breast cancer?

A risk factor is anything that raises your chances of getting a disease. Some risk factors never change, such as your age or genes (DNA).

Research shows that having healthy habits can lower your risk for cancer.

A few risk factors can raise your risk for getting breast cancer. Examples are:

- Your personal and family health history
- Genetic changes (mutations or variants) in genes such as [BRCA1 or BRCA2](#)
- Lesions that are benign. These are areas that are not normal, but are not cancer. Examples are:
 - Atypical ductal hyperplasia (ADH)
 - Atypical lobular hyperplasia (ALH)
 - Lobular carcinoma in situ (LCIS)

Your personal and family history

- Your risk may be higher if you had breast cancer before.
- It's higher if people related to you by blood (such as your mother, sister, or daughter) have had breast cancer. It's also higher if they've had another type of cancer, such as ovarian cancer.
- Certain genetic mutations you were born with also raise your risk. This includes the *BRCA1*, *BRCA2*, and *PALB2* genes. It's important to know your family history of breast cancer.

Your general health and health history

You can lower your breast cancer risk by living a healthy lifestyle. This includes eating a balanced diet and exercising regularly. You should also avoid or limit tobacco (smoking, vaping, and chewing tobacco) and alcohol.

Your health history also can affect your risk. For example, radiation treatments to your chest or other breast conditions can raise your risk.

Who is at high risk for breast cancer?

You're at high risk if you were assigned female at birth (your gender now does not matter) and had:

- A history of breast cancer in your family (blood relatives). This is different for everyone. Your healthcare provider will assess your risk.
- Radiation to your chest before age 32.
- A change (mutation or variant) in your *BRCA* or other genes.

You're at high risk if you were assigned male at birth (your gender now does not matter) and had:

- Radiation to your chest.
- A disease linked to high levels of estrogen, such as cirrhosis (liver disease) or Klinefelter syndrome (a genetic disorder).
- A history of breast cancer in your family. This is different for everyone. Your healthcare provider will assess your risk.
- Changes in genes, such as [BRCA1 or BRCA2](#).
- Gender affirming therapy with feminizing hormones. More research is needed to understand how hormone therapy affects your risk for cancer.

Lower your risk by taking care of your health in these ways:

- Eat plenty of fruits and vegetables. [Read our tips](#).
- Limit the amount of sugar and fat you eat and drink.
- Do not smoke or use tobacco products. [Need help quitting?](#)
- Limit the amount of alcohol you drink.
- Stay active and exercise regularly. [Things to know](#).
- Protect yourself from the sun and do not use tanning beds.
- Get regular check-ups with your healthcare provider.

Name: _____ Date: _____

National Cancer Awareness Word Search



Advocate
Awareness
Breast
Cancer
Checkup
Community
Courage
Diagnosis
Early
Education
Empower
Fight
Fundraiser
Health
Hope
Mammogram
Pink
Research
Strength
Support

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Y	Z	D	R	T	E	E	X	C	F	N	B	Y	V	Z	Z	K	S	I	U	M	O	T	V	A
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E	N	G	H	B	W	U	V	A	J	K	R	K	R	A	W	A	G	U	Q	I	C	O	C	M
G	D	G	R	G	W	A	S	L	D	L	C	B	V	F	O	E	Q	W	V	L	I	F	M	I
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U	Z	Q	G	E	Q	S	Q	N	B	Z	H	A	P	J	Z	V	E	K	G	B	E	P	L	J

Survivor
Team
Treatment
Trust
Unity
Volunteer
Wellness
Women
Work
Day





SPOTLIGHT CAREGIVER OF THE MONTH

JENNIFER SMITH

Loving Hands would like to recognize Jennifer Smith as our October 2026 Caregiver of the Month!! As of this month, Jennifer has been with us for 7 years!! She has always been compliant and has navigated through all of changes and new rules/regulations that have been imposed on us over the years. She doesn't complain, she just flat out gets it done!! She communicates in a professional manner and is always courteous when she talks to the agency. Jennifer Loving Hands appreciates you!!! Keep up the great work!!

Congratulations Jennifer!! Another LIVING HANDS ROCKSTAR!!





Stay in touch with us!!

LUVING HANDS
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**“The Agency you will grow to LUV.
We provide the service you deserve!”**