



# News at the Q



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## October 2018 - Integrity!

### National Health Observances for October

*National Breast Cancer Awareness Month*

*National Domestic Violence Awareness Month*

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### National Breast Cancer Awareness Month

Breast cancer is a group of diseases that affects breast tissue. Both women and men can get breast cancer, though it is much more common in women. Other than skin cancer, breast cancer is the most common cancer among women in the United States.



Some women are at higher risk for breast cancer than others because of their personal or family medical history or because of certain changes in their genes. This October, **Quality Community Health Care** is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

- The good news is that most

women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Mammograms are covered by most health insurance programs. You can get a screening mammogram without any out-of-pocket costs. If you are worried about the cost or don't have health insurance, Community Grants are available to assist with care in Pennsylvania.

Philadelphia:

**Drexel University—College of Medicine**

Contact: Amanda Woodworth  
(215) 762-1072

**Einstein Medical Center**

Contact: Lisa Jablon,  
(215) 254-2730

**Fox Chase Cancer Center—Temple Health**

Contact: Evelyn  
(215) 728-3689

**Health Promotion Council**

Contact: Nicole Kang  
(215) 985-2582

**Penn Medicine**

Contact: Dr. Ari Brooks  
(215) 829-8461

**Philadelphia Department of Health**

Contact: Anitha Vuppapapati  
(215) 685-6769

**The Sidney Kimmel Cancer Center at Jefferson**

Contact: Celeste Vaughan-Briggs  
(215) 955-5495

**Philadelphia Corporation for the Aging**

Contact: Sharon Congleton  
(215) 765-9000 x5123

If none of the grantees listed are in your area and you are in need of breast health services, please contact the **Susan G. Komen organization** at: (215) 238-8900.

**Some Risk factors include:**

**Getting older.** The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.

**Genetic mutations.** Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these [genetic changes](#) are at higher risk of breast and ovarian cancer.

(Continued next page)

Inside this issue:



*National Breast Cancer Awareness* 2



*National Domestic Violence Awareness* 2



**Help with Medicaid Applications Available**



**Please contact**

**Veronica or Harry**  
**215) 227-0300**  
**ext. 7326 or 7309**



Sunday,  
October 21, 2018 -

Opening Ceremony 8:30am  
Anyone Interested in joining Team QCHC please see Angie Brayboy

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." — Lao-Tze —

# National Domestic Violence Awareness Month

## National Breast Cancer Awareness Month

(Continued)

**Starting menopause after age 55.** Like starting one's period early, being exposed to estrogen hormones for a longer time later in life also raises the risk of breast cancer.

**Not being physically active.** Women who are not physically active have a higher risk of getting breast cancer.

**Being overweight or obese after menopause.** Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

**Having dense breasts.** Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.

**Taking oral contraceptives (birth control pills).** Certain forms of oral contraceptive pills have been found to raise breast cancer risk.

**Family history of breast cancer.** A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple

family members on either her mother's or father's side of the family who have had breast cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

**Drinking alcohol.** Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and night shift working also may increase breast cancer risk.

[http://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](http://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)

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## Domestic Violence Awareness Month

Domestic violence is the wilful intimidation, physical assault, battery, sexual assault, and/or other abusive behaviour as part of a systematic pattern



of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behaviour that is only a

fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime. It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviours that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of

love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.). Some examples of abusive tendencies include but are not limited to:

- Telling the victim that they can never do anything right

- Showing jealousy of the victim's family and friends and time spent away
- Keeping or discouraging the victim from seeing friends or family members
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money for expenses
- Looking at or acting in ways that scare the person they are abusing
- Controlling who the victim sees, where they go, or what they do
- wears their hair, etc.
- Stalking the victim or monitoring their victim's every move (in person or also via the internet and/or other devices such as GPS tracking or the victim's phone)

If any of these situations are happening in your relationship, talk to someone you trust or call the National Domestic Violence Hotline (available 24/7/365):

1-800-799-7233 (SAFE).

<http://www.ncadv.org/need-help/what-is-domestic-violence>

