



News at the Q



Volume 6 Issue 10

October 2019

October 2019 Integrity!

National Health Observances for October

National Breast Cancer Awareness Month

National Domestic Violence 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:

Einstein Medical Center

Breast Imaging
(215) 254-2700

Fox Chase Cancer

Center—Temple Health

(215) 728-3689

Health Promotion

Council

(215) 985-2582

Penn Medicine

(215) 829-8461

Philadelphia Department of Health

(215) 685-6769

The Sidney Kimmel Cancer Center at Jefferson

(215) 955-5495

Philadelphia Corporation for the Aging

(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.

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.

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National Domestic Violence Awareness 2



Help with Medicaid Applications Available



Please contact

Veronica or Harry

215) 227-0300

ext. 7326 or 7309



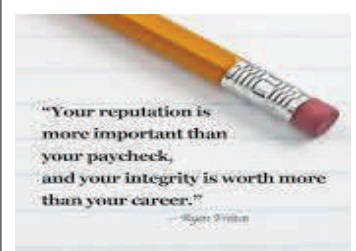
Sunday, October 20, 2019

Opening Ceremony 8:00am

Anyone Interested in joining

Team QCHC please see or

call Angie Brayboy ext 7323



National Domestic Violence Awareness Month

National Breast Cancer Awareness Month

(Continued)

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

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 epi-



demic 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 vic-

tim 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>



Community Events

22nd Police District
1747 N 17th St. Phila. PA 19127
& Fletcher St. Urban Riding Club
Presents "Safe Halloween Fest"

All are welcome
4:00pm-8:00pm
(Event is Free)

moon bounce, refreshments,
music and fun activities for the
entire family

Q's Quote Corner

