

A *free* AIKEN REGIONAL MEDICAL CENTERS  
WOMEN'S HEALTH INITIATIVE

ISSUE 3



FALL 2018

# QUARTERLY

HEALTH SCREENINGS  
for every decade

WHAT TO EXPECT  
during a  
mammogram

PAINT THE FAIR PINK  
with Aiken Regional

Don't miss out! Join *we* today.

  
**we**  
*Women Enlightened*  
FOR BETTER HEALTH

Ashlee Brewer



# welcome

*Women Enlightened*  
FOR BETTER HEALTH

*“Surround  
yourself with  
only people  
who are  
going to lift  
you higher.”*

— OPRAH WINFREY

Dear *we* community,

With my first letter as the new Director of Marketing for Aiken Regional Medical Centers, I'm excited to introduce myself to the *we* community! As the seasons change and we celebrate all that's wonderful about fall—changing leaves, cooler weather, football season—I want to remind you to take time to focus on your own health and wellness.

Did you know that your health goals change from decade to decade? To help guide you, we've created a guide to the screenings right for you at every age. Our team at the Women's LifeCare Center is ready to help you navigate your healthcare to fit your needs.

Healthcare—and women's health in particular—is a topic close to my heart. October is Breast Cancer Awareness Month and mammograms are vital to self-care, especially for those with a family history of breast cancer. This month is special to me since my mom is a breast cancer survivor and is thriving eight years after her diagnosis and treatment. Lisa Hill, a member of our breast health team, discusses the importance of mammograms and family history.

Finally, you'll find information about Paint the Fair Pink night, October 25<sup>th</sup> at the Western Carolina State Fair. And there's a delicious recipe for gluten-free cupcakes, perfect for your next tailgate as you cheer on the Dawgs, Gamecocks, Tigers or your favorite team.

I look forward to getting to know you and hearing your stories. I hope to see you at one of our upcoming events!

Yours in sisterhood,

**ASHLEE BREWER**

DIRECTOR OF MARKETING, AIKEN REGIONAL

# *we* CALENDAR OF EVENTS

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## PAINT THE FAIR PINK

Aiken Regional Medical Centers is a presenting sponsor of this year's Paint the Fair Pink night at the Western Carolina State Fair. Wear your favorite pink outfit for Breast Cancer Awareness Month and show your support for the Lydia Project, a local non-profit providing free services to women facing all cancers. Visit our comfort area in the pavilion to relax between rides.

**Date:** Thursday, October 25

**Time:** 5 p.m. – 10 p.m.

**Location:** Western Carolina State Fair,  
561 May Royal Drive, Aiken, SC 29801

**To learn more about the Lydia Project,  
visit [thelydiaproject.org](http://thelydiaproject.org).**

## 19TH ANNUAL DINING WITH DIABETES

During this year's luncheon hosted by the ARMC Diabetes and Nutrition Teaching Center, Interventional Cardiologist Janet Utz, MD, will introduce you to a world of delicious foods that are heart-smart and diabetes-friendly.

**Date:** Wednesday, November 7, **Entry fee:** \$5

**Time:** 11:30 a.m. – 1:30 p.m., lunch served at noon

**Location:** City of Aiken Municipal  
Building/Conference Center.  
214 Park Avenue, Aiken, SC 29801

**Call 803-293-0023 to reserve your place.**

## SENIOR WELLNESS BREAKFAST CLUB

Get your day off to a healthy start with breakfast and an enlightening discussion.

**Date:** Friday, November 9

**Time:** 9:00 a.m. – 10:30 a.m.

**Location:** USC Aiken  
Alan B. Miller Nursing Building, Room 121  
471 University Parkway, Aiken, SC 29801

**Register at [aikenregional.com/srwellness](http://aikenregional.com/srwellness).**

## NEW *we* MEMBER ORIENTATION

Receive a tour and learn about *we*.

**Register by calling 803-641-5886.**





# Women's HEALTH SCREENINGS

No matter what stage of life you're in, self-care should be a priority. Here are recommendations from the U.S. Department of Health & Human Services regarding health screenings for women ages 20 to 90.

## 20-29 YEARS OF AGE

This is the time to focus on your reproductive health, even if you're not yet ready to start a family. Talk to your physician about your birth control options. For women with low to average risk, a Pap test is recommended every three years to test for pre-cancerous or cancerous cells. Sun protection is another key area: According to the American Cancer Society (ACS), skin cancer is one of the most common cancers in young adults.

## 30-39 YEARS OF AGE

Continue family planning discussions, whether you're trying for a baby or not. Also monitor blood pressure, blood glucose and cholesterol. Continue with Pap tests every three years, or as recommended by your doctor.

## 40-49 YEARS OF AGE

Symptoms of perimenopause may happen in your 40s. Depending on family history, you may begin to start scheduling annual mammograms. For those with average risk, ACS recommends a colonoscopy every 10 years starting at age 45.

## 50-59 YEARS OF AGE

If you are experiencing symptoms of menopause, talk with the doctor—he or she can help determine a strategy to minimize them. If you are or were a smoker or you're 55 or older, a lung screening might be appropriate. Continue with a colonoscopy based on your doctor's recommendations.

## 60-69 YEARS OF AGE

Take stock of your overall health! Have a candid conversation about weight, height, diet and level of



physical activity. A bone density scan is an important screening for osteoporosis. If you had chickenpox as a child, ask if the shingles vaccine is appropriate. Finally, consider who will make health care decisions if you're unable to, and take steps to have those decisions made legally binding.

#### 70-79 YEARS OF AGE

Staying healthy in your 70s means staying vigilant about diet and physical activity. If you're unable to advocate for yourself, it's vital to have a medical directive in place to carry out your health wishes.

#### IN YOUR 80S, 90S AND BEYOND

Continue talking with your healthcare provider about height, weight, diet, physical activity and tobacco or alcohol use. Ask if low-impact exercise like walking or chair yoga is right for you.\* Take note of your moods, and talk to your doctor about any concerns. And of course, having a medical directive in place will ensure your wishes are carried out.

\* Consult your physician before beginning any exercise program.

The Women's LifeCare Center at Aiken Regional is a great source for women's healthcare, close to home. Learn more at [aikenregional.com/lifecarectr](http://aikenregional.com/lifecarectr).



# 5

## THINGS TO CONSIDER AT EVERY AGE

1

Your insurance may cover an annual preventive care or wellness visit.

2

At your first visit with a new provider, bring notes and questions about family health history, especially any cancers.

3

Talk to your doctor about weight, diet, blood pressure and physical activity.

4

Be truthful about tobacco and alcohol use—your physician is there to coach you, not judge you.

5

Bring up concerns about anxiety, depression or other mental health issues, or violence in your life—even if you're fearful to do so, conversations with your provider are confidential.

# MAMMOGRAMS *matter*

*An annual scan could save your life*

**M**ammograms are a clinician's most powerful tool to detect breast cancer. According to breastcancer.org, a self-exam, clinical exam, breast ultrasound or MRI is a complementary technique, but nothing is a substitute for a mammogram. In addition, recent updates to guidelines by the American Cancer Society recommend that women with a family history of breast or other cancers should talk to their physician about starting annual scans in their 30s.

"A mammogram should be part of a woman's yearly wellness checkup starting at age 40," says Lisa Hill, supervisor of the Breast Health and Imaging Center at Aiken Regional Medical Centers. For a woman receiving her first mammogram, the Breast Health and Imaging team will help make her as comfortable as possible. Before the exam even begins, "If the patient is nervous, I explain the entire process of the exam," Hill says.

For more information, visit the Women's Breast Health and Imaging Center at [aikenregional.com/breasthealth](http://aikenregional.com/breasthealth).

## WHAT TO EXPECT DURING A MAMMOGRAM

- The exam only takes about 20 to 30 minutes
- You'll undress from the waist up and remove any deodorant, powder or jewelry that might interfere with the scan
- The technologist will mark any moles, scars and nipples before the scan
- You'll stand while the mammography machine applies compression and takes images from different angles
- After the images are captured, the technologist will explain how you'll receive the results



## *Tailgate treats*

### Gluten-free cupcakes—score a sweet touchdown at your next tailgate!

#### INGREDIENTS (serves 18)

- 8 oz bittersweet chocolate, coarsely chopped (or 1 ½ cups semisweet chocolate chips)
- 6 large eggs, separated, at room temperature
- 6 Tbsp trans-fat free margarine
- ¼ cup granulated sugar
- 2 Tbsp confectioners' sugar

#### PREPARATION

- Preheat oven to 275° F. Line 18 cups of two 12-cup muffin pans with paper liners.
- In a microwave-safe bowl, combine chocolate and margarine. Microwave on high for 30 seconds, stir, and continue to microwave at 10-second intervals until melted. Add the egg yolks to the melted chocolate and whisk to combine. Set aside.
- With an electric mixer, whisk egg whites on medium speed until soft peaks form. Gradually add granulated sugar, beating until peaks are stiff and glossy but not dry (do not overbeat). Whisk one-third of the beaten egg whites into the chocolate mixture.

Gently fold the chocolate-egg white mixture into remaining whites.

With an ice-cream scoop, divide batter evenly among 18 lined cups, filling each three-quarters full. Bake, rotating pans halfway through, until cupcakes are just set in centers, about 25 minutes. Transfer pans to wire racks to cool completely before removing cupcakes (their centers may sink). Sprinkle with confectioners' sugar.

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# Pearl

## HEALTH INCENTIVE PROGRAM



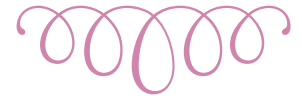
The Pearl Health Incentive Program promotes empowerment and personal responsibility. This program is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers. When you become a member of the Pearl Program, you will be given a Pearl Health Incentive Program screening booklet for you to keep track of your health goals.

Pearl members will have the opportunity to complete five health services within a year of enrolling in our program. After completing five of the screenings, tests, physician visits, etc., that are suggested for each health service, document your actions in your screening booklet. Then call the nurse navigator and schedule an appointment to see her with your completed screening booklet. The nurse navigator will give you a certificate of completion, which you may redeem for a genuine pearl.



### PEARL PROGRAM REGISTRATION



NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**

Mail to:

***we* - WOMEN ENLIGHTENED  
FOR BETTER HEALTH**

Aiken Regional Medical Centers  
302 University Parkway  
Aiken, SC 29801





302 University Parkway  
Aiken, SC 29801

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## *Aiken's choice for female-focused care*

Women live full, busy lives. That's why the Women's LifeCare Center at Aiken Regional Medical Centers offers comprehensive women's healthcare services in one nurturing, convenient place.

**The Childbirth Center** offers labor and delivery services, a Level II nursery, postpartum rooms and a full-time lactation consultant.

**A dedicated surgical suite** for gynecologic and breast surgery. We also offer post-op gynecological services.

**The Women's Breast Health & Imaging Center** provides a warm environment for diagnostic and imaging services.

**Women Enlightened for Better Health (we)** is a healthcare program just for women. Membership is free and benefits include guidance, support and care navigation, plus much more.

*Discover our Women's Services at  
[aikenregional.com/womenservices](http://aikenregional.com/womenservices)*

