

October, 2014
Fourth Quarter

HEALTH MINISTRY NEWSLETTER

LEE MEMORIAL
HEALTH SYSTEM

Faith Community Nurse Program: Outreach to the Community
Contact: Nancy Roberts, LMHS Parish Nurse Manager Ph: 343-5182

Important to Remember:

Know Your Numbers

Blood Sugar:
Normal 70-120
fasting

Pre-Diabetes
100-126 fasting

Diabetes: greater
than 126
fasting

Blood Pressure:

Normal: 120/80

Pre-hypertension:

120-139 over 80-90

Cholesterol:

Total: less than 200

HDL: more than 60

LDL: less than 100

**Triglycerides: lower
than 150**

HIV Status:

**Use common sense
and get tested, this
disease can be
treated. Call:**

AIDS Network 337-2391

**Lee County Health
Department: 656-2542**

**Source of Light & Hope:
334-7519**

Breast Cancer Facts

Breast Cancer is the growth of a tumor in the breast that is made up of cancer cells. Cells that can grow out of control before any symptoms of the disease appear. In 2012 it is estimated in the U.S. that there will be over 200,000 new cases of breast cancer diagnosed.

There are many types of Breast Cancer and factors that can influence your chance of developing breast cancer.

- As you age your risk of breast cancer increases. The majority of women diagnosed

are over age 50. About 5% of women under age 40 are diagnosed with breast cancer.

- If you have a mother, sister, aunt or history of breast cancer in your family you may be at greater risk for developing the disease.
- If you are overweight, smoke, do not exercise or drink alcohol daily there are studies that show you may be at a higher risk for breast cancer.

- Mammograms yearly beginning at age 40 is recommended. Clinical breast examination by a doctor or nurse every 3 years from age 20 to 40.

Single most important fact is that every woman should know what is NORMAL for her and doing monthly breast exams starting at age 20 will alert the woman if there is a change. See warnings signs below and see your doctor immediately.

Warning Signs of Breast Cancer

These are some warning signs that need to be reported to your doctor. Most lumps of the breast are not cancer, but you should get checked to be sure:

1. Lump, hard knot or thickening inside the breast or under your arm pit
2. Swelling, warmth, redness or darkening of the breast tissue
3. Change in size or shape of one breast that is different than the other
4. Dimples or puckering of the skin. Skin that looks like an orange peel.

5. Itchy, scaly sore or rash on the nipple, that does not go away
6. Pulling in of your nipple or other parts of the breast.
7. Nipple discharge that starts suddenly
8. New pain in one spot of the breast that does not go away

If you do not have a regular physician to report any of these findings, you may call any of these resources for follow up. No one will be turned away and you will be helped or referred to someone who will help you.

RESOURCES

LMHS Regional Cancer Center

Breast Cancer Navigator:

Call: 343-9543 or 343-9546.

A Nurse will provide you with information and directions to get the help you need with or without insurance coverage. There are many community resources that may be available to help you.

Partners for Breast Cancer Care

Call: 454-8583.

Senior Friendship Center (Must be 50 years old or older)

Call: 656-0221

LMHS Breast Health Centers for Mammogram Scheduling:

Call: 424-1499

Prostate Cancer Facts

Community Clinics:

Call for appointments:

N.Ft. Myers United Way House

Lee Health Care, Inc.
13279 N. Cleveland
N.Ft. Myers, FL 33903

Phone: 997-9733

M/W/F 8am-5pm
T/Th 11am-7pm

Cape Coral United Way House

Lee Health Care, Inc.
1435 Se 8th Terr. Suite E
Cape Coral, Florida 33990

Phone: 424-2757

M-Th 8a-7pm
Fri 8-5pm
Sat 8-12N

Dunbar United Way House

Lee Health Care, Inc.
3511 Martin Luther King Blvd
Ft. Myers, FL 33916

Phone: 343-4910

M/W/F 8am-5pm
T/Th 11am-7pm

Family Health Centers of

SW Florida

3600 Broadway
Ft. Myers, FL 33901

Phone: 332-0941

M-F 8am-5pm

Lee County Department Of Health

83 Pondella Rd #1
Ft. Myers, FL 33903
Phone: 656-2561
Family Planning
STD's

Lee Country Department Of Health

3920 Michigan Ave
Ft. Myers, FL 33916
332-9501
Childhood Immunizations
TB Referrals

AIDS Network: Free Testing
239-337-2391

Prostate Cancer is one of the most common types of cancer found in men. There are more than 200,000 new cases diagnosed each year. African American men have the highest frequency of prostate cancer in the world and the highest death rate from the disease. If diagnosed early, while the cancer cells are found only in the prostate gland, the disease can be cured. If spread outside of the prostate to bones, lymph nodes and/or lungs, the treatment will be to control the disease, not cure.

- The cause of Prostate cancer is unknown and it affects four out of five men over age 65 and 1% of men under age 50. The disease also has been found in men in their 30's and 40's.
- Prostate cancer may not cause any symptoms in the early stages. Through yearly screening by your doctor, more than 85% of American men are diagnosed in the early stages.

- Prostate cancer can be found with yearly screening from your doctor that includes a digital exam of the prostate, blood testing, and if indicated, a biopsy, for confirmation to see if the cancer cells are slow or fast growing.
- Types of treatment depend on the stage of the prostate cancer and your doctor will discuss what is best for you. Some treatment options may include: Hormone medications, several types of radiation and/or surgery.

Prostate Cancer Risk Factors

There are several factors that can increase your risk of developing prostate cancer and yearly screening by your doctor is advised at age 50, or earlier if you are at high risk.

- As you age your risk of prostate cancer increases. Commonly found in men older than age 65.
- Black men have a greater risk of developing prostate cancer and the prostate cancer is more likely to be a faster growing type.
- A history of other men in your family that have had prostate cancer may cause you increased risk.

- Men that are obese or overweight are at an increased risk.

Some symptoms of Prostate Cancer that may be seen with a more advanced disease:

- Trouble urinating
- Decreased stream of urine
- Blood in urine
- Blood in semen
- Swelling in legs
- Discomfort in pelvic area
- Bone Pain

Resources

LMHS Regional Cancer Center Prostate Cancer Navigator

Call: 343-9502

A nurse will help you understand your diagnosis, help to coordinate testing, assist with finding resources in the community.

N.Ft. Myers United Way House

Lee Health Care, Inc.
Llame: 772-9733

Dunbar United Way House

Lee Health Care, Inc
Llame: 343-4910

Lee Physicians Group:

Appt: 481-4111

Our Goal is to Share Important Health Information

All information in the newsletters will be reviewed by Dr. Sal Lacagnina, who is the Lee Memorial Health System, Community Vice President of Health and Wellness. Lee Memorial Faith Community Nurses also contribute to articles.

We plan to distribute the newsletter on a monthly basis with topics that will help you be aware of common and chronic medical conditions and suggestions on ways to be healthy.

Contact:

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Cape Coral Wellness Center
609 SE 13th Ct.
Cape Coral, Florida 33990
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Email:
dr.sal@leememorial.org