

# 2014 PUBLIC OUTCOME REPORT

## Breast Cancer Screening

In 2013, an estimated 232,340 new cases of invasive breast cancer were expected to be diagnosed among U.S. women, as well as an estimated 64,640 additional cases of in situ breast cancer. That year, approximately 39,620 U.S. women were expected to die from breast cancer. Only lung cancer accounts for more cancer deaths in women, according to American Cancer Society statistics. Breast Cancer is one of the top five cancers among patients seen at Riverwood Healthcare Center.

### Free screening

Riverwood Healthcare Center held a free breast cancer screening clinic in Aitkin, Minnesota, on October 8, 2014.

The target group for this service was women 40 to 64 years old who have not had a mammogram in the last 12 months, and who had no health insurance or a high deductible health plan that won't cover the cost of a mammogram. As an added incentive for women to make time for this important screening, Riverwood offered special spa-like services for all participants including chair massage, fingernail painting and a light buffet.

The communities served by Riverwood were informed of the skin cancer screenings via a newsletter article and a news release sent to three local newspapers serving the Aitkin, Garrison and McGregor areas.

Four Riverwood nurse practitioners conducted clinical breast exams and Riverwood's radiology department coordinated the mammograms. During the four-hour period (3 to 7 p.m.) allocated for the screenings, the capacity was 16 and 11 appointments were filled. Those screened were from the communities of Aitkin, Palisade and Brooklyn Park, MN.

**Effectiveness:** There were 11 women screened, 10 of them eligible for the Minnesota Department of Health's Sage Breast Cancer and Cervical Cancer Screening program to pay for the screening. There were 11 normal results with no additional imaging or follow-up care needed.

### Prevention steps

There is no sure way to prevent breast cancer, according to the American Cancer Society, but there are things all women can do that might reduce their risk and help increase the odds that if cancer does occur, it will be found at an early, more treatable stage. At this time, the best advice about diet and activity to possibly reduce the risk of breast cancer is to: 1) get regular, intentional physical activity; 2) reduce your lifetime weight gain by limiting your calories and getting regular physical activity; and 3) avoid or limit alcohol intake.