

STRIKE OUT BREAST CANCER

**October is National
Breast Cancer
Awareness Month**

Early Detection
Saves Lives!

WELCOME

Jennifer Soper, WHNP
Joining South Shore Women's Health Care!



Jennifer Soper graduated from Ferris State University with her Associates Degree in Nursing in 1993, followed by her Bachelor of Science in Nursing, High Distinction, in 2002. Jen worked for 25 years as a labor and delivery nurse at Berrien General Hospital and Lakeland Health Care. After earning her Master of Science in Nursing from the University of Cincinnati, she became a certified Women's Health Nurse Practitioner in 2017. She practiced at Bronson Obstetric and Gynecology Associates in their Portage and Paw Paw locations and will be joining South Shore in December 2021. She and her husband have 2 children and live in Stevensville.

NEW Nurse Practitioner

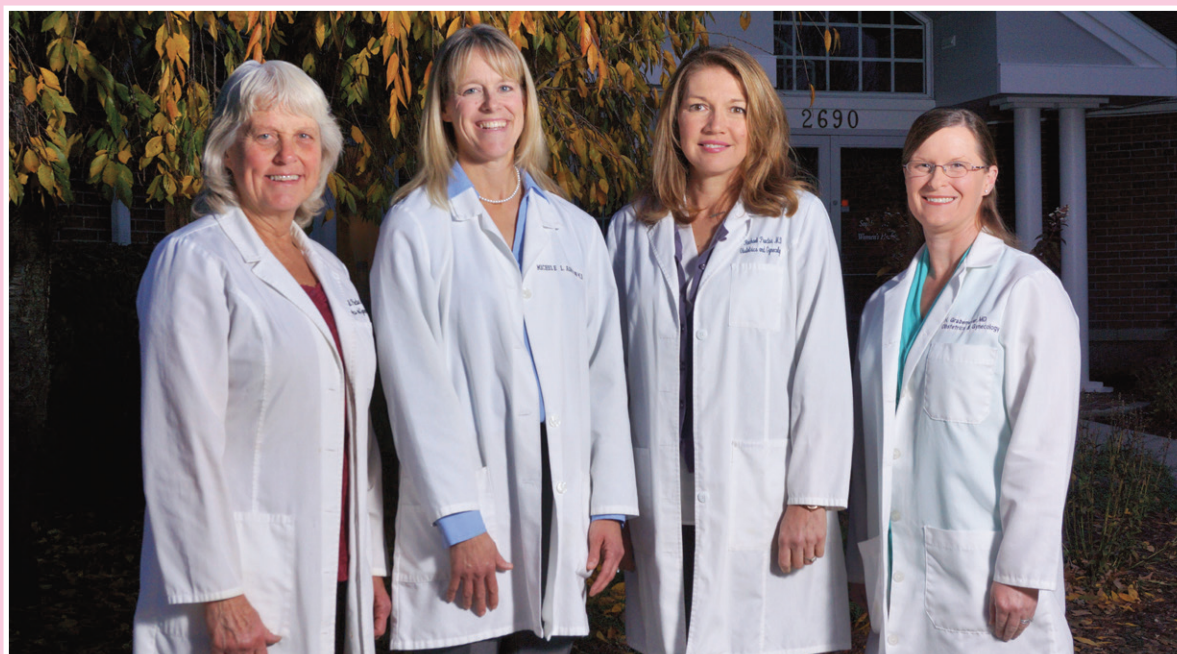
Coming to South Shore Women's Health Care
on December 13th

STRIKE OUT BREAST CANCER...

HAVE YOU HAD YOUR MAMMOGRAM YET?

WHY WAIT?

SCHEDULE YOUR MAMMOGRAM AND ANNUAL
AT THE SAME TIME!



Left to Right:
Dr. DeAnn Kutzner, Dr. Michele Ashton, Dr. Rachael Proctor and Dr. Heidi Grabemeyer-Layman

 *South Shore*
Obstetrics & Gynecology
Women's Health Care

2690 South Cleveland Avenue
St. Joseph

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SSWHC.ORG



WHEN SHOULD YOU START HAVING MAMMOGRAMS?

UNLESS YOU HAVE FAMILY HISTORY OR GENETIC TESTING THAT SAYS OTHERWISE,
YOU SHOULD START HAVING YOUR MAMMOGRAMS AT AGE 40



Left: Melanie Camp, CST
Right: Gina Kruck, Mammographer, RT (R) (M)

South Shore Women’s Health Care employee, **Melanie Camp, CST** turned 40 this year and had her first mammogram.

Good job Melanie!

EARLY DETECTION SAVES LIVES!

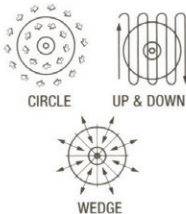
**HAVE YOU SCHEDULED YOUR
MAMMOGRAM?**

STEPS TO BREAST SELF-EXAM IN THE SHOWER

1 Put your left arm behind your head. With your right hand, check your left breast for lumps or thickenings.

2 Choose one of the three patterns shown.* With finger pads of the three middle fingers of right hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire breast tissue, including underarm. Then examine underarm with arm only slightly raised.

3 Now put right arm behind head and repeat steps with left hand on right breast and underarm. Also look in a mirror for changes in shape, size, or skin texture of breasts. Check nipples for changes including unusual discharge.



***Report any changes or irregularities
to your healthcare professional immediately.***

GENETIC TESTING

HOW IS GENETIC TESTING PERFORMED?

Genetic testing requires blood or saliva sample, which is collected using a special kit done by your healthcare provider.

HOW LONG TO GET RESULTS?

Approximately 3 weeks. Results are sent directly to your health care provider. Your Health Care Provider will discuss recommended next steps based on your test results.

SHOULD I SHARE WITH MY FAMILY MY TEST RESULTS?

It is important to share your results with family members, because they may have additional information about their own cancer risks.

BREAST CANCER HITS HOME @ SOUTH SHORE

EMPLOYEES SHARE THEIR STORIES OF BEING CANCER SURVIVORS



Darla Jordan
22 Year Cancer Survivor

I was diagnosed with breast cancer at the age of 23. I had been married for 2 1/2 years and was just getting comfortable in my career a year after graduating from college.

I had noticed a lump that felt somewhat mobile and assumed that "it must be a cyst because who gets breast cancer at my age". I was due for my yearly check up with my family doctor so waited the two or three months until that appointment to have it checked out. My doctor suggested some things that might help if what I was feeling was fibrocystic and asked me to call back in two weeks if those things had not helped. There was no change in two weeks after following her instructions so she ordered an ultrasound for me. I was working in a small hospital at the time and had the ultrasound just before I started work for the day on second shift. After the radiologist reviewed my ultrasound and suggested that I should have a biopsy since the ultrasound was inconclusive. I spoke with a surgeon who was in the hospital that evening and arranged to have an excisional biopsy done the following week. My surgery was on Friday and the following Wednesday the pathology report came back with a diagnosis of cancer. I was somewhat surprised but not overly anxious. I have always had a positive outlook on life so this was just one more obstacle to overcome. Because the margins of the biopsy were not clear the surgeon and oncologist told me that I would need to have another surgery to re-excise the lump site and I would also need to confirm that the cancer had not spread to my lymph nodes. I was fortunate to find a surgeon who was just starting a trial of sentinel lymph node biopsy procedure. I was the fifth person in Southwest Michigan to have this procedure done, which is now routine. My cancer was found to be in one and a half of my lymph nodes so all of the lymph nodes on my right side were removed. This put my cancer staging at 2b. There were setbacks in my treatment but overall I did very well.

I was prescribed and completed six months of chemo, 6 1/2 weeks of radiation, and five years of tamoxifen. I was so very fortunate to have a strong family and friend support group around me during my treatments and my family and friends threw me a big party when I finished chemo and radiation.

A couple years later the BRCA genetic testing came out and I tested negative for BRCA 1 and 2 genes. At this point I figured I must be a fluke of nature to be diagnosed so young but as the years passed some of my maternal aunts, and then my mom, were diagnosed with breast cancer as well.

Several years later, as genetic testing progressed in knowledge, I became part of a study to determine if additional genes may be associated with hereditary cancers. I was found to be a carrier for another gene mutation called CHEK2. At the age of 38, after learning of my gene carrier status, I opted to be more proactive in reducing my risk of new diagnosis or recurrence. I had a double mastectomy with immediate reconstruction.

I interviewed for my position at South Shore Women's Health Care the day after my initial diagnosis, and was hired during my time off recovering from my second surgery in Kalamazoo. It has always amazed and impressed me that the doctors at South Shore believed in me enough to give me a chance at working with them even knowing I faced chemotherapy etc.

I fully believe that I went through my cancer journey to help others who have had to experience similar diagnoses and am so grateful to have the opportunity to support and help anyone who needs it. God puts us where we are most needed to help others and I know that for me that is South Shore Women's Health Care.

I would tell anyone just learning of a new cancer diagnosis that optimism and positivity are the best way to deal with any situation. Even on days that you don't feel good - tomorrow is always another day for feeling better.



Dina Halstead
2 Year Cancer Survivor

My story started in October of 2019, I was 47 and no history of breast cancer in my family. I was two months overdue for my annual mammogram which I had been getting every year since I was 40. This particular year was different for me because one of my closest friends had been diagnosed with breast cancer a year and a half earlier. For That reason, I was very nervous to get my mammogram done that year. I went ahead and had a 3D mammogram at South Shore Women's Health Care. The results came back that same day with findings of micro calcifications... suggesting I follow up with a diagnostic mammogram. I did that the next day. They immediately read that and suggested a biopsy.... I did the biopsy a week or so later.... Two days after that I got the call that changed my life as I knew it. They told me I had stage zero non-invasive ductal carcinoma in situ (DCIS) breast cancer... Some thing I had never heard of... I was like stage zero??? They Said It was pretty small and could probably do a lumpectomy and may have to have radiation and sent me off to the cancer center in St Joseph hours later. That's when it really hit me. Even though it's stage zero I am going to the cancer center. I have breast cancer. I went with my husband, my mom and one of my best friends for support. There I met with Shelly Wilkenson who is amazing at what she does! She suggested I do an MRI of both breast because the diagnostic mammogram was only of the one side. That's where everything changed... the MRI showed a large "lit up" area that would be too big for a lumpectomy.... That is NOT the news I wanted to hear. We then met with a team of experts In Grand Rapids a couple of weeks later. I made the decision to do the double mastectomy then. It was the longest month and 1/2 leading up to the surgery. I had the surgery in Grand Rapids... stayed over one night with my husband by my side. Breast expanders were put in during surgery to prepare for the actual implants down the road. The pathology from the surgery came back and thank God I did this surgery. The "lit up" area came back changing my diagnosis to stage 1A invasive lobular carcinoma in situ (LCIS) breast cancer. My lymph nodes were clear! After additional testing I found out I did not have to have chemo or radiation. The expanders expected to be in for about 3 to 4 months but ended up being in for about six months due to a wound from surgery that had to heal. Finally in May of 2020 the wound healed & I had my second surgery to take out the breast expanders and replace them with the implants. This day could not have come soon enough. Then January of 2021 I had my third surgery to "touch up" and even things out. I'm very thankful to have had that 3D mammogram when I did. Had I waited a year ... things could have been very different. I can't stress enough to get your mammogram annually. Early detection is key. I could not have done this without the support from my family and friends. Sometimes its hard to accept help from others, but this was not the time for that. I greatly appreciated every meal, every call, every text, and every visit from family and friends. It's been a long 2 years but I'm very grateful to be here today.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH



HAVE YOU SCHEDULED YOUR MAMMOGRAM YET?

Any New Patient that has scheduled a mammogram, during the months of October through December of 2021, will be entered into a drawing for a gift basket totaling \$250. They will also receive a breast cancer awareness bracelet.



ALL PATIENTS that have scheduled a mammogram during the months of October through December 2021, will receive a "bat/ball" key chain for "strike out breast cancer" while supplies last.



YOUR FRIEND OR FAMILY MEMBER HAS BEEN DIAGNOSED WITH CANCER, WHAT DO YOU SAY OR DO FOR THEM?

- 1 Just listen to them
- 2 Spend time with them
- 3 Offer to do things for them such as: cook, clean, do laundry, send uplifting notes, provide childcare, walk their dogs, pray for them or give a hug
- 4 Things to say to them - we will get through this together, I am here for you, we are in this together, you are strong, you can do this, and I love you

MANY CANCER PATIENTS WILL NOT ASK YOU FOR HELP, EVEN THOUGH THEY NEED IT.

YOU JUST NEED TO PLAN TO DO THINGS FOR THEM.

MOST OF ALL, MAKE SURE YOU DON'T IGNORE THEM. JUST BE YOURSELF AND BE THERE FOR THEM, THE REST WILL FALL INTO PLACE ON HOW YOU CAN HELP THEM.



All Gynecological Cancers



Ovarian Cancer



Uterine/Endometrial Cancer



Cervical Cancer



Vulvar Cancer



Vaginal Cancer