



Volume 3, Issue 4

FMC Newsletter

Fourth Quarter 2008

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Upcoming Events:

NBCAM Wreath Hanging Ceremony

October 8, 2008
1:30 PM @ FMC

"WEAR PINK" DAY

October 8, 2008



PLEASE REMEMBER TO BRING UPDATED INSURANCE INFORMATION TO YOUR NEXT APPOINTMENT

National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month (NBCAM). Since the Breast & Cervical Cancer Screening Program (BCCSP) began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- ◆ Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- ◆ Hispanic women

Increase your awareness of breast cancer by visiting www.nbcam.org.

Help increase the number of women receiving screening services by raising awareness and motivating women to use available services, like the BCCSP.

have fewer mammograms than Caucasian women and African American women.

- ◆ Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
 - ◆ Mammography use has increased for all groups except American Indians and Alaska Natives.
- "If all women age 40 and older took advan-

tage of early detection methods, breast cancer death rates would drop much further, up to 30%," says Debbie Savage, BCCSP Coordinator. "The key to mammography screening is that it be done routinely - once is not enough."

In observance of Breast Cancer Awareness Month, CHANGE, Inc. will hold a wreath hanging ceremony with special guest Terri Jezierski, a breast cancer survivor.

The ceremony will take place in the first floor lobby of CHANGE, Inc. at 1:30 PM on October 8, 2008. The event will be followed by a small reception.

For more information about the BCCSP, or to schedule a breast health presentation for your company, call Debbie at 304-797-7733.

Gallbladder Disease

By Kelli L. Fournier M.D.

This edition of our fall newsletter is dedicated to women's health and I wanted to address a non-gynecological common condition that afflicts many women. Gallbladder disease causes approximately 800,000 hospitalizations per year, occurring twice as often in women as it does in men.

Gallstones are the most common abnormality of the gallbladder. While more and more younger women are developing the disease, felt due to a high fat diet, the typical patient is demonstrated by the 4 F's, fat, fertile, forty, female. Estrogen, both natural and supplemental, seems to aid in the promotion of gallbladder disease.

The gallbladder is an organ in the biliary system that aids in the production of bile and cholesterol for digestion of foods. The more fat ingested,

the more bile and cholesterol salts necessary. The cholesterol that's formed can solidify forming one or more gallstones. Gallstones cause pain by trying to leave the gallbladder through small ducts.

Sometimes people have no symptoms of their gallstones and these patients do not require surgery, just observation. You may have gallbladder disease though if you get right upper abdominal pain, especially after eating fatty foods, nausea or vomiting, right shoulder or right back pain.

Most of the time we can diagnose gallstones by a sonogram of the abdomen. Sometimes we do a follow up test, known as a HIDA Scan, which is a nuclear test that shows the functioning ability of the gallbladder. If symptomatic and having gallstones the preferred treatment is laparoscopic cholecystectomy.

This means removing the gallbladder through small cuts in abdomen using a scope. At times the gallbladder is too inflamed and needs a larger incision to remove. This requires many more weeks of recovery, so the laparoscopic method is preferred when possible.

Prevention is somewhat possible by regular exercise, limiting fatty foods, maintaining weight, increasing dietary fiber, and in some instances through a medication named Actigall. Keep in mind that rapid weight loss is actually associated with increased gallbladder disease.

If you feel you are at risk or are having any of the symptoms mentioned above make sure to bring it up with our medical providers. Left untreated gallstones can cause significant pain and loss of work and, in approximately 3000 cases per year, even death.

FMC Adds To Family: New Nurse Practitioner On Board



FMC is pleased to welcome Barb Fahey as their newest Nurse Practitioner.

Barb comes to FMC from Riverside Medical of Ohio, where she worked since 2002. Licensed in WV, OH and PA, Barb has also been certified through the American Nurses Credentialing Center.

"We are pleased Barb joined our

"I am excited to join the staff here at FMC, and I look forward to being able to help provide quality medical care to the residents of the Ohio Valley."

family. FMC has grown considerably over the past few years, and Barb's expertise will help us meet the ever growing need for quality health care in the Ohio Valley. With a third provider,

we will be able to see more patients each day, and decrease the wait time for an appointment," said Judy Raveaux, CEO of CHANGE, Inc.

Barb graduated from Franciscan University of Steubenville, and continued her education at Duquesne University where she obtained a Masters in Nursing and Post Masters Certificate as a Family Nurse Practitioner.

Right From The Start Program Starts At CHANGE, Inc.

Having a new baby can be one of the most rewarding times of your life, but it can also be one of the most challenging. Having someone to talk to during your pregnancy and/or after you have your baby can make this time easier.

CHANGE, Inc. has joined other local agencies, such as the health departments, to offer the Right From the Start program to patients of Family Medical Care and eligible women and children in Hancock County.

Right From the Start provides each eligible woman or child a "care coordinator," who will meet with the patient one-on-one during their pregnancy to help them learn ways to have a healthy pregnancy and find resources to meet their needs and the needs of their child.

ARE YOU ELIGIBLE?

To be eligible for Right From The Start you must:

- ◆ Be pregnant
- ◆ Live in West Virginia

- ◆ Have a current, active Medicaid Card or medical coverage through the Office of Maternal, Child and Family Health (OMCFH)
- ◆ Be a Medicaid eligible infant

You may own a home or a car and still be eligible to participate. Also, if you are denied Medicaid coverage for your pregnancy you may still be eligible if you:

- ◆ Meet income guidelines (up to 185% FPL)
- ◆ Have no private insurance coverage for pregnancy
- ◆ Are a pregnant non-citizen (prenatal care only)
- ◆ Are a pregnant teen, age 19 and under, regardless of you/your parent's income.
- ◆ Are pregnant and over 19.

HOW DO I APPLY?

When you have a positive pregnancy test, the medical staff at the site will assist you with the proof of pregnancy and give you the "shortened"

application for Medicaid. Complete the form and submit the application to your county DHHR. You can also submit an online application through inROADs, or contact Health Educator Joan Dayoub.

WHY SHOULD I APPLY?

The Right From the Start Program can help you find assistance with:

- ◆ Paying medical bills for pregnancy care and delivery.
- ◆ Caring for your baby.
- ◆ Services while pregnant.
- ◆ Eating healthy or feeding your baby.
- ◆ Reducing the risk of Sudden Infant Death Syndrome.
- ◆ Obtaining Medicaid coverage for your pregnancy and new baby.
- ◆ Obtaining medical care.
- ◆ Locating Childbirth and Parenting classes.
- ◆ Obtaining transportation to medical appointments.
- ◆ Quitting smoking.

Understanding Breast Health - Questions and Answers

What causes breast lumps?

Many different conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. The two most common causes of breast lumps are fibrocystic

breast conditions and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender and sore. Cysts are small fluid-filled sacs that can develop in the breast.

How can I tell if I have

breast cancer?

Most of the time, early breast cancer does not have any symptoms. As it grows, however, breast cancer can cause changes in how the breast looks

(continued from Page 3)

or feels. Symptoms include:

- A new lump in the breast
 - A lump that has changed
 - A changes in the size or shape of the breast
 - Pain in the breast or nipple that does not go away
 - Skin anywhere on the breast that is flaky, red or swollen
 - A nipple that is very tender or that suddenly turns inward
 - Fluid coming from the nipple when not nursing a baby
- See on of our providers if you

notice any of these symptoms. Most often, breast symptoms are caused by conditions other than cancer, but only your doctor can tell you.

What increase my change of getting breast cancer?

- **Age** - The older you are, the more likely you are to develop breast cancer.
- **Family History** - Having close relatives with breast cancer or ovarian cancer increases your chance.
- **Race** - All women can get breast cancer, but white women get it more often than Hispanic,

African American, Asian or Native American.

- **Having Children** - Not having children, or having your first child later in life (30s & 40s), increases your chance.
- **Certain Medications** - Taking hormone replacement therapy (HRT) drugs after menopause may increase your chance. Talk to your doctor about the risks and benefits for you.
- **Personal History** - Having had cancer in one breast increases the chance of getting cancer in the other breast.

Family Medical Care Community Health Center



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Pharmacy: 304-748-4200

"Family Medical Care is committed to providing primary medical healthcare, and receiving all individuals with dignity and respect within a caring environment."

We're on the web!
www.familymc.org

Family Medical Care Community Health Center prides itself on being a comprehensive health care facility with staff committed to providing the best possible care with the utmost respect and compassion for each of its patients.

Although our founding principals focus on meeting the tremendous demand for medical care among the uninsured and low-income of the Tri-State Area, our services are available to the entire community, regardless of age, income level, insurance status or residence.

Family Medical Care Community Health Center is made possible in part through funding from the West Virginia Bureau of Public Health Primary Care Division, Community Service Block Grant, Private Foundations, and is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources, and the Health Resources and Service Administration. This program is financed with Federal dollars, (28% or 558,333 from HRSA and 1% or 20,250 from CSBG) and State dollars, (6% or 128,197). An additional 65% of the total program costs (or 1,405,471.00 is financed by nongovernmental sources.