

HEALTHY OUTCOMES

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Reduce Your Risk of Breast Cancer

by Berkeley Wellness | December 2016

A 30-year-old white woman in the U.S. has about an 11 percent chance, on average, of developing invasive breast cancer by the time she is 80 years old. That's one of the predictions of a new model developed by researchers at Johns Hopkins University and other institutions around the world, based on data from eight large population-based studies that included more than 35,000 women. The risk is even higher—sometimes much higher—for women who have a family history (mother or sister who has had breast cancer), gene variations, or other nonmodifiable factors such as early menarche (onset of menstruation) or late menopause. Of course, the actual risk varies, depending on a woman's particular circumstances.

Here's the good news that came out of the research: Some of the risk appears to be modifiable. Published in *JAMA Oncology* in October 2016, the study reported that up to 30 percent of breast cancer cases could be prevented if women follow four specific lifestyle strategies: Lose weight if they are overweight, don't smoke, cut down on or eliminate alcohol, and

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October is Down Syndrome Awareness Month, a chance to spread awareness. During the month of October, we celebrate people with Down syndrome and make people aware of their abilities and accomplishments. It's not about celebrating disabilities, it's about celebrating abilities.

We can learn all about our history. People with Down syndrome and their loved ones can spread awareness about Down syndrome by going to their local Buddy Walk® and to speak out about the needs of those with Down syndrome.

Remember that this is a very important month to spread awareness about Down syndrome and learn more about Down syndrome.

<http://www.ndss.org/Down-Syndrome/Down-Syndrome-Facts/>



Your Dental Checkup

by Berkeley Wellness | February 2016

Just about everybody knows that brushing, flossing, and regular dental checkups are crucial for keeping teeth healthy, but knowing isn't always doing. It's estimated that only two-thirds of Americans brush twice a day, and far fewer floss daily, though many won't admit it, even to their dentists. Only half see a dentist twice a year, and about one-third don't go even once a year, often because they can't afford it; most Americans have no dental insurance or only limited coverage, and nearly 50 million live in areas

where few dentists practice. Thus cavities and periodontal disease remain huge—but preventable—problems.

Cavities: not just for kids

A cavity is the breakdown of a tooth from acid produced by bacteria in the mouth. *Caries*, from the Latin word for rotten, is the scientific name for cavities. Teeth surviving from early humans and pre-humans show that dental caries have always been with us, though they were relatively rare, largely because prehistoric diets contained little or none of the refined carbohydrates that oral bacteria feed on. Dental decay and the resulting “toothaches” have been written about or depicted since ancient times.

For millennia, the “holes” in teeth were blamed on “tooth worms” that supposedly burrowed into them, and they were filled in with everything from beeswax to tin. It wasn't until the 18th century that scientists gradually began to understand the process of dental decay and not until

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Did You Know... There are approximately 400,000 people living with Down syndrome in the United States.

Early Detection from Breast Self-Exam

Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states, *“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”*

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

How should a breast self-exam be performed?

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or

changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



Can I rely on breast self-exams alone to be sure I am breast cancer free?

Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns. ■

Breast Cancer...

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steer clear of hormone therapy. Even better news for women at elevated risk: As the authors wrote, “the benefit this population could achieve by changing modifiable risk factors is expected to be larger for those who are at higher risk from nonmodifiable factors.” They might, in fact, be able to reduce their risk to that of women at average risk.

Because the study included data only from white women, the results may not apply to women of other races – though it makes sense for all women to follow these risk-reducing strategies since they provide general health benefits.

Similar findings came from a study a few years ago in *Breast Research* that analyzed data from more than 85,000 postmenopausal women. Those who maintained a healthy weight, limited alcohol, and exercised had a 15 to 25 percent reduced risk of breast cancer over a five-year period, compared to women who didn’t maintain such lifestyle habits.



Breast bets for preventing cancer

Whatever your breast cancer risk factors are, here are some basic steps to take:

- Maintain a normal body mass index (BMI) between 18.5 and 25. To calculate your BMI, multiply your weight (in pounds) by 703; divide the result by your height (in inches); then divide again by your height. Or use a BMI calculator.

- Be physically active at least 30 minutes most days. The American Cancer Society recommends at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week for adults, preferably spread throughout the week.

- Limit alcohol to one drink a day (5 ounces of wine, 12 ounces of beer, or 1½ ounces of 80-proof spirits). Better yet, drink only on occasion or not at all, especially if you know you are at high risk for breast cancer or if you have had breast cancer. In a review of studies published in June, researchers from the International Agency for Research on Cancer found a clear dose-response relationship between alcohol consumption and breast cancer.
- For treatment of menopausal symptoms, seek alternatives to hormone therapy. If you do opt for hormones, take the lowest effective dose for the shortest possible time.
- And, of course, if you smoke, quit. ■

Dental Checkup...

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the 1890s that they figured out that acid-forming bacteria were the culprits. According to the CDC, at least 27 percent of adults ages 20 to 44 have untreated caries.

Your mouth contains more than 700 species of bacteria, but only a small minority of them (notably *Streptococcus mutans* and certain *Lactobacillus* species) are “cariogenic”—that is, can produce the high levels of acid that can cause cavities.

Under healthy circumstances, the normal balance of oral bacteria does not harm teeth. But when this balance is disrupted by factors such as reduced saliva production, a poor diet, and inadequate oral hygiene, cariogenic bacteria flourish and collect around the teeth and gums in a sticky, cream-colored film called plaque. These bacteria feed on dietary sugars and certain other carbohydrates in the mouth, producing acids that lower the pH of the saliva and cause the calcium and phosphorus in tooth enamel to

start dissolving, a process called demineralization. Like bones, teeth are hard because they are mineralized. Demineralization erodes the tooth from the outside in, and if the process is not halted, the interior of the tooth becomes susceptible to bacterial invasion.

Periodontal perils

About half of Americans over age 30, including 70 percent of those over 65, have some form of periodontal (gum) disease, according to the CDC, but many if not most don't know it. The culprits are an estimated 10 to 20 strains of bacteria in the mouth, along with poor dental hygiene. When these bacteria build up in plaque (which then hardens into tartar), they cause chronic inflammation of the gums; this is called gingivitis and is characterized by redness and swelling, as well as bleeding during brushing and flossing. Gingivitis is a mild form of gum disease that can usually be reversed with daily brush-

ing and flossing and professional dental cleanings.

Left untreated, however, gingivitis can advance to periodontitis, in which the gums are damaged and detach from the teeth and form pockets that become infected with bacteria. Bacterial toxins, along with enzymes released as part of the body's natural response to the infection, further irritate and inflame the gums. The immune system increases its inflammatory response to the bacteria as plaque and tartar spread below the gum line. In advanced stages, gums, bones, and other tissues that support the teeth are gradually destroyed; teeth may eventually become loose and have to be removed. Largely as a result of periodontal disease, about one in four Americans over age 75 have lost all their natural teeth.

If you don't brush and floss regularly, you're likely to develop gum disease. But its progression depends on many factors besides your oral hygiene,

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Did you know... Life expectancy for people with Down syndrome has increased dramatically in recent decades - from 25 in 1983 to 60 today.

Dental Checkup...

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including genetics and how well your immune system responds. Brushing alone can't remove bacteria in tartar, in pockets, or below the gum line—this is where flossing and professional cleanings are crucial. Often a deep-cleaning method called “scaling and root planing” is necessary, in which tartar is scraped off at and below the gum line.



The gums-heart connection?

In recent years, observational studies have consistently found that people who have periodontal disease are at increased risk for cardiovascular disease (CVD) and its progression. This has led some researchers and dentists to suggest that gum disease and the bacteria that cause it can contribute to CVD—and that good oral hygiene and treatment of gum disease can help protect the heart and arteries.

Research has also linked gum disease to other chronic, systemic disorders, notably diabetes, as well as respiratory and kidney disease and even certain cancers, but these links are more tenuous. And deterioration of oral health often accompanies a more general age-related decline in health.

In 2012 the American Heart Association reviewed hundreds of studies and, in a Scientific Statement, concluded that so far there's no conclusive evidence that gum disease contributes directly to CVD. The American Dental Association concurred. As with so many find-

ings from observational studies, association or correlation doesn't equal causation.

Still, the idea that dental disease can play a role in systemic disorders like CVD is biologically plausible. For one thing, oral bacteria can enter the bloodstream and affect the heart and arteries. And the inflammation involved in gum disease could conceivably trigger the inflammation that plays an important role in atherosclerosis (and other chronic diseases).

Periodontal and cardiovascular diseases are both complex, multifactorial disorders that develop over time, making it hard to untangle any direct “what comes first” connections. Moreover, diseases of the mouth and cardiovascular system share many risk factors, notably smoking and diabetes, and that may help explain why they often occur in the same people. Thus the conditions may both occur because of the same underlying factors, rather than one causing the other. Even so, when researchers adjust the data to control for these shared factors, the link seen in studies usually persists, suggesting that gum disease plays an independent role in the development of CVD. ■



Did you know... Down syndrome is the most commonly occurring chromosomal condition. One in every 691 babies in the United States is born with Down syndrome – about 6,000 each year.

Chicken Soup with Rice and Broccoli

This scrumptious chicken soup features broccoli, a great anti-cancer vegetable that helps eliminate carcinogenic toxins, reduce DNA damage, trigger apoptosis in cancerous cells, prevent the development of benign tumors into malignant tumors. But the anti-cancer properties of this soup do not end there: also the organic celery in this soup adds to its cancer-thwarting properties. Celery is known to contain at least eight families of cancer-combating compounds.

6 servings

4 cups fat-free, low-sodium chicken broth	1 small onion, chopped
1 1/2 cups broccoli florets	2 small ribs organic celery, diced
2 small carrots, sliced	1/2 cup short grain brown rice, washed
2 cups cooked, skinless chicken, diced	

Soak rice in cold water from 15 minutes to one hour. This will reduce cooking time.

Bring broth to a boil in a large saucepan. Add presoaked rice and vegetables. Reduce heat to low, cover and simmer, stirring occasionally, until rice is tender.

Add cooked chicken and simmer for 3-4 minutes.

Did you know? While both broccoli stem and florets are edible, the broccoli florets are generally thought to be healthier as they provide more vitamins and cancer-fighting substances than the stem.



PPC MEETING



October 24, 2017

10 am to 12 noon

Northumberland County Human Services Bldg.

217 N. Center St., Sunbury, PA

Tara Viens and **George Bell IV**, Clinical Directors, ODP will be presenting on and answering questions about new behavioral health services in the waiver.

Registration is not required.

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Fashion Show

October 21, 2017, 1 p.m.

Social Hall, Zion Lutheran Church, Sunbury

Donations accepted at the door. Light refreshments and door prizes available.

Clothing is being provided by Christopher & Banks, Monroe Marketplace, 330 Marketplace Blvd, Selinsgrove. The show will feature models with disabilities.

The Arc, Susquehanna Valley is a 501(c)(3) non-profit organization committed to improving the lives of individuals with intellectual and/or developmental disabilities.



Health & Wellness Fair

OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

Join us for a day of interactive healthier lifestyle education, screenings, events and drawings for the public, especially individuals who receive support services for behavioral health and/or intellectual and developmental disabilities along with family, caregivers, and support staff.

**ALL ARE WELCOME!
COME ON OUT TO SEE US!**

Sponsored by the Central PA Health Care Quality Unit, CMSU Behavioral Health and Developmental Services, Northumberland County Behavioral Health and Intellectual Developmental Services, Hope Enterprises, Inc., and Suncom Industries