



Early Screening Leads to Early Detection

The National Breast Cancer Foundation states 1 in 8 women are diagnosed with breast cancer within their lifetime. The CDC explains how the risks factors can increase a breast cancer diagnosis. These genetic predispositions include:

- Getting older. The risk for breast cancer increases with age. Most breast cancers are diagnosed after age 50.
- Genetic mutations. Women who have inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2, are at higher risk of breast and ovarian cancer.
- Reproductive history. Starting menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.
- Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.
- Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical ductal hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.
- Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

These risk factors should increase the need to have a mammogram along with regular breasts exams. A mammogram is an x-ray of thebreasts. It is also one of the most trusted tests in early detection as well as self breast exams. Early screening for breast cancer is a life saving process to receive a diagnosis early. The American Cancer Society states how if breast cancer is detected early, "the 5-year relative survival rate is 99%." Screening is recommended for women within 40-45 years old, and screening for women 45 until 54 years of age should happen at least once a year.

Ebenezer Medical Outreach Inc.
 1448 10th Avenue, Huntington
www.emohealth.org
OCTOBER 2023

October is:

- ◆ Breast Cancer Awareness Month
- ◆ Domestic Violence Awareness Month
- ◆ Depression Awareness Month
- ◆ Health Literacy Month

PROGRAM NEWS AND HIGHLIGHTS:

- Screening Saves Lives
- Welcome Dan Hager
- Recovery 4 a Change
- Minority Health Fair
- Get FIT Reminder

EMO appreciates your donations. If you would like to discuss donatingtoday,call us at 304-529-0753.You can donate at emohealth.org by clicking the donate button!



COMING UP IN NOVEMBER!

Make your appointment for EMO's Semi-Annual Eye Clinic Thursday, Nov. 30!

Call 304-529-0753 to make an appointment. All eye exams are free, glasses can be ordered for a nominal charge.

Open to all residents!

EMO WELCOMES A NEW DIRECTOR!

In the beginning of October, Ebenezer Medical Outreach welcomed their new Executive Director, Dan Hager. The Huntington native returned from South Carolina to lead EMO into their next chapter.

Hager is a 2009 graduate of Marshall University. After graduating, he attended Ohio State and obtained a Master's in Health Administration. Upon the completion of his education, he has held careers as the Division Administrator for Johns Hopkins Medicine, worked as the Corporate Director at Bon Secours Health System, and, most recently, Minister at the Georgetown Church of Christ in coastal South Carolina.

Hager states, ". I love bringing people together, helping combine them to combine their unique perspectives and experiences to make things better. I love seeing people grow as we set goals, overcome obstacles, and work together in gracious charity."

EMO is grateful to have Hager's compassion, vision, and knowledge fostering new ideas, not only within the Douglass Centre's building, but throughout Huntington and the surrounding communities.



UPCOMING EVENTS AND HIGHLIGHTS:

RECOVERY 4 A CHANGE: EMO attended Recovery 4 A Change Friday, Sept. 15, at Pullman Square. This wonderful event celebrates recovery while providing resources to the community. EMO staff included Barb Thaxton R.D.H. C.T.T.S. attending this event. Working together with Marshall Dentistry, over 200 dental kits were distributed. These kits included basic dental equipment and supplies, and encouraged teeth care. Denture kits were also available to anyone needing updated fitting molds or re-alignments. If you would like to inquire more information about EMO's Denture and Diabetes program, please call 304-529-0753 or stop by the main lobby located at 1448 10th Avenue in Huntington, West Virginia.



5TH ANNUAL MINORITY HEALTH FAIR: Saturday, Sept. 30, EMO attended the 5th Annual Minority Health Fair located at Ritter Park. This event focuses on increasing awareness to minority health and resources available. Ebenezer Medical Outreach Inc. provided giveaways focusing on dental care, colon and breast screenings along with resources to help non-insured or under insured residents. The event provided resources to over 60 residents from around the Tri-State region. This yearly event featured FREE flu shots and vaccinations, and had special guest speakers included in helping to raise awareness.



FARMACY 2023 COMES TO A CLOSE:

The 2023 Farmacy Class attended their last session for the year Tuesday, Oct. 3. The class began in June and ran for 15 weeks. This year's lessons focused on physical fitness, healthy cooking, gardening, and resources available through insurance navigator. Two special classes were held to focus on patients oral health importance. These classes also taught patients to screen for oral cancer. The class had 25 patients enrolled and each week fresh produce was provided by Twelvepole Trading Post from Wayne County and EMO's Unity Community Garden. Patients saw a decrease in weight loss along with lower blood pressure numbers in the preliminary data. The next Farmacy class is scheduled to begin in June 2023.