

October 2022

Your Workplace Wellness Newsletter from Atrium Health Wake Forest Baptist



October is Breast Cancer Awareness Month

Make sure the women in your life get regular breast exams and mammography screenings when the time is right.

Did you know?

- 1 in 8 women will develop breast cancer at some point, most often after age 50.
- Men can get Breast Cancer. 1 out of every 100 breast cancers is in a man.
- It's important to find breast cancer early when it's most treatable and less likely to have spread beyond the breast tissue to nearby lymph nodes or other parts of the body.

Symptoms

Many women don't feel that anything is wrong. This is why a look at the breast tissue with a mammogram is so important.

Symptoms may include:

- Discharge from the nipple
- Pain or discomfort
- Any change in the size or shape of the breast
- A new lump or nodule in the breast or underarm

Mobile Mammograms

October 14: High Point – 9 am to 5 pm

October 17: Beechwood – 9 am to 5 pm

October 25: Kernersville NC66 – 9 am to 4:30 pm

How to make an appointment:

- Click "Schedule 3D Mammogram"
- Enter your Event Name (Ralph Lauren) to find your screening event
- Click on your event > Schedule
- Select a time
- Click "Get Appointment"
- Enter all patient information
- Click "Submit"

Or you can call 877.318.1349 to schedule an appointment.

[Make Your Mammogram Appointment](#)

Things to know:

- You must bring your Insurance card and driver's license to your appointment.
- If you are a female, over 35 years old, and have not had a mammogram in the past year, you are eligible for a mammogram. Ages 35-39 are eligible for 1 scan within those years; 40 and over are eligible annually.
- Invision Diagnostics will process everything through your insurance, so there is no cost to you!
- All 3D breast images will be compared to your previous year's images and read by a Breast Fellowship Board Certified Radiologist. This is why we ask for the date and the location of your last mammogram.
- Please wear a mask to your appointment as the coach is considered a medical clinic. We will only have one patient on the coach at a time.
- Patients must provide a Primary Care or OB/GYN provider in order to have a mammogram and receive the results. If you do not have one, please contact Samaritan's Purse Family Medicine.
- Results of the mammogram will be mailed within 10-14 days to you and your provider.
- You cannot have any current issues with your breast: Our mobile mammography coach performs routine screening mammograms for women without current breast problems. If you currently have concerns regarding your breast health (i.e. a lump you can feel, nipple discharge, pain, dimpling of the breast, or nipple changes), please contact your primary care or OB/GYN provider immediately.
- Please allow 30 days between your last COVID booster/vaccine and your Mammogram.

Skin Screening Events

A skin cancer screening is a visual exam of your skin done by a health care provider. The screening checks your skin for moles, birthmarks, or other marks that are unusual in color, size,



shape, or texture. Skin screenings can detect skin cancers early when they're easiest to treat. It is important to take care of your largest organ - your skin!

We are hosting two skin screening events in October.

October 10: NC66 Kernersville, 9 am to 2 pm

October 11: HPD High Point, 9 am to 2 pm

[Register For Skin Screening](#)

Flu Vaccines

This year's flu season is expected to be worse than past years, so a flu vaccine is more important than ever. Flu vaccines are your best defense against getting sick and the most effective way to control the spread of the virus. Flu shots will be offered by appointment:



HPD: October 7 and 21 from 9 to 11 am

HPD: October 12 and 26 from 2 to 4 pm

NC66: October 6 and 20 from 9 to 11 am

NC66: October 13 and 27 from 2 to 4 pm

[HPD Flu Vaccine Registration](#)

[NC66 Flu Vaccine Registration](#)

Counseling with Betsey Brooks

Elizabeth "Betsey" Brooks, MS, EdS, LCMHCA, NCC is the **NEW Ralph Lauren onsite Counselor**. She is here to help employees and their families. Her services are free to employees and their qualifying spouses and dependents.

- Individual counseling
- Career counseling
- Referrals to other mental health professionals
- Depression
- Workplace stress
- Anxiety



- Grief and loss
- Trauma
- Conflict Resolution
- And more!

Appointments are available on Tuesdays at HPD and Wednesdays at NC66; 9 am - 5 pm.

Contact Betsey at 336-416-3623.

[Make an Appointment](#)

[Book An Appointment at the Clinic](#)

[Wellness Website](#)

[myWakeHealth](#)



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