

**“God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.” Psalm 46:5 (NKJV)**

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### **Breast Cancer Awareness Month**

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

#### **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

#### **Did you know?**

- Breast cancer is the most common cancer in women in the United States. About 1 in 8 women will get breast cancer during her life.

- It can happen in men – 1 out of every 100 breast cancers is in a male.
- 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.

## Mobile Mammograms coming to Boone and North Wilkesboro

November 22 - Boone

December 6 - Boone

December 12 - North Wilkesboro

December 13 - North Wilkesboro



### How to make an appointment:

- Click "Schedule 3D Mammogram"
- Enter your Event Name (Samaritans Purse - no apostrophe) 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 A 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.

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## October Flu Shot Events

### Boone

Friday, October 21, 2:20 – 4:30 pm

### North Wilkesboro

Friday, October 28, 8:30 am – 12:40 pm

The registration information includes:

- Please arrive 5 minutes before your appointment time to fill out your consent
- Please allow 15 minutes for your vaccination appointment
- You will be required to wear a mask for the entire duration of your appointment
- Each person receiving a flu vaccine must be registered separately
- Registration will close one business day before the event
- [Please print, complete, and bring your flu shot consent for each person receiving a flu vaccine.](#)



[Make a Boone Appointment](#)

[Make a North Wilkesboro Appointment](#)

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## 5 Health Tips for Women

No matter your age, keep these tips in mind:

1. **Stay current with annual physicals and other screenings.** These wellness checks can help you stay healthy. Be sure to go, even if you feel fine.
2. **Be active.** Even if it's taking a short walk, make time to move your body every day. Exercise can help make your heart stronger, prevent injury, and lower stress levels. It can also help you stay at a healthy body weight, which is especially important in the years leading up to and after menopause.
3. **Eat healthily.** The foods we choose to eat each day can affect how we feel, our energy levels, and how well our body can function. Focus on eating plenty of fresh fruits and vegetables, fiber, and protein. For example, low-fat dairy, fish, and lean meats.



4. **Kick the smoking habit, or don't start.** Smoking can harm nearly every organ in the body. Vaping isn't safe either.
5. **Find ways to destress and get enough sleep.** Remember, your mental and emotional health and how you handle stress are a major part of your overall health and well-being.

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## Open Enrollment 2023 for Benefit Eligible employees is coming soon!

The enrollment window this year is from November 1st to 15th. *If employees are happy with their current elections, there is no action required.* However, if employees are looking to change their elections, they need to go into PeopleSoft under Employee Self Service to make any necessary changes, which will go into effect on January 1, 2023. For additional questions, please email the Benefits Team at Samaritan's Purse [benefits@samaritan.org](mailto:benefits@samaritan.org)



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Book An Appointment At The Clinic

Wellness Website

myWakeHealth



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### Call the Clinic

Boone: 828-588-2020  
N. Wilkesboro: 828-588-6262

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