

staying

HEALTHY



HORIZON
HEALTH

Regular screenings help prevent breast cancer

Breast cancer is sometimes found after symptoms appear. But many women with breast cancer have no symptoms. This is why regular breast cancer screenings are so important.

According to the American Cancer Society (ACS), breast cancer is the second most frequent cause of cancer death among American women. Only lung cancer causes more deaths.

Although a significant number of breast cancers are discovered by patients, the majority of those with breast cancer are diagnosed after a screening.

A screening checks the body for cancer before symptoms are present. Detecting cancer early can help avoid a total mastectomy (removal of the entire breast) and chemotherapy, which is required at later stages of the disease.

Mammography is the best form of early detection and can find lumps up to two years before they can be felt, the ACS states.

Most medical organizations recommend that women with an average risk

of developing breast cancer begin mammography screening at age 50. Testing should occur annually or every other year thereafter. For women age 40-49, the decision to have a mammogram is left to the patient and her healthcare provider.

For women with a higher risk of developing breast cancer, mammography may start at an earlier age. Higher risk patients include those who have a personal or family history of breast or ovarian cancer, a known genetic predisposition for cancer, or other factors. They should consult their primary care provider to learn when to begin mammography screening.

According to the ACS, research has not proven that regular physical breast exams help to detect breast cancer. This applies to self-exams and clinical breast exams (those done by a health professional).

Therefore, the ACS no longer recommends a clinical breast exam or a breast self-exam as a screening method for American women. However, women should be familiar with how their breasts normally look and feel, and report any changes to their healthcare provider.

Yaniv Cozacov, MD

Dr. Cozacov is one of two full-time general surgeons on staff at Horizon Health. He joined Horizon Health in July 2018.

Dr. Cozacov performs a variety of surgeries, including laparoscopic hernia repair, bowel surgery, gallbladder removal, bariatric surgery, and hemorrhoid surgery. Others include treatment for gastroesophageal reflux disease (GERD)/heart burn, cyst and skin lesion removal, port and feeding tube placement, and breast procedures.

He earned his medical degree from Debrecen University, Medical and Health Science Center in Hungary. He completed residency training at New York-Presbyterian Hospital in Queens, N.Y. He also completed residencies at the Cleveland Clinic in Florida and at St. John Providence Hospital in Southfield, Mich.

Born and raised in Israel, with an Argentinian descent and a Russian last name, Dr. Cozacov has a diverse cultural background that includes speaking fluent Spanish.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

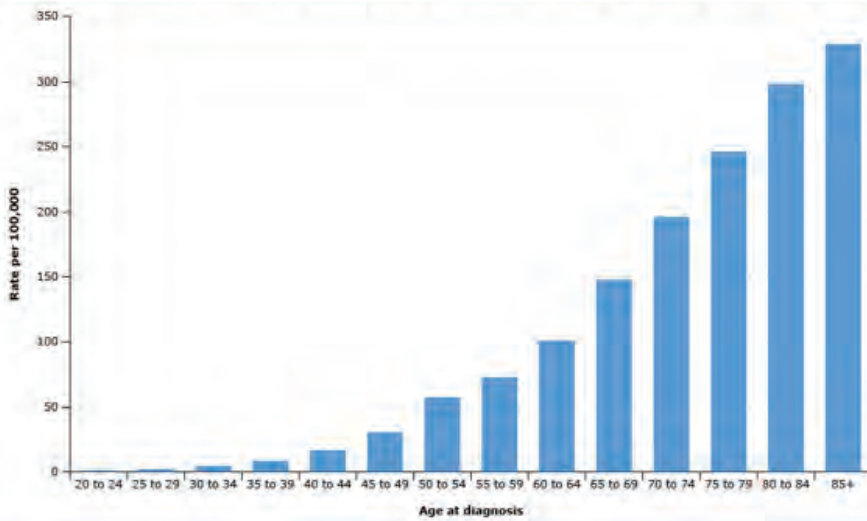
(217) 465-4141

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

Increasing incidence of colorectal cancer in the United States with age, SEER 2004-2013



The age-specific incidence of colorectal cancer was measured between 2004 and 2013 in men and women of all races.

SEER: Surveillance, Epidemiology, and End Results.

Colonoscopy saves lives

Colorectal cancer (CRC) is the second leading cause of cancer death among men and women in the US, according to the Centers for Disease Control and Prevention. Approximately one in three people who develop CRC die of the disease.

Though CRC is one of the most common cancers, it is also one of the most preventable if precancerous polyps are found early. A colon polyp is a small clump of cells that forms on the lining of the colon. While most colon polyps are harmless, some can develop into colon cancer, which is often fatal when found in its later stages.

A colonoscopy is the most common screening tool used to detect colon cancer. The screening is known to decrease the death rate for colon cancer by half. Approximately six out of 10 people have a colonoscopy screening after consulting with their primary care provider.

A colonoscopy involves inserting a long, flexible tube (colonoscope) into the rectum. A tiny video camera at the tip of the tube allows the doctor to see the inside of the colon. The screening can help detect changes or abnormalities in the large intestine (colon) and rectum.

Most colorectal cancers originate from small adenomas (a type of non-cancerous growth), which reside in two-thirds of polyps. Adenomas progress to cancer after about 10 years in what is called the "adenoma-carcinoma sequence."

Removal of adenomatous polyps can prevent cancer. Studies have shown that the incidence of cancer is 90 percent lower in patients who have had their polyps removed during a colonoscopy.

In addition to colonoscopy, a fecal occult blood test (FOBT) can be used to check for colon cancer. Beginning in 2018, the American Cancer Society recommends FOBT be performed every year after age 45. This applies to individuals who have an average risk of colorectal cancer. Alternatively, a colonoscopy is done once every 10 years. Every positive FOBT must be followed with a colonoscopy.

Colorectal screening for individuals who have a personal or family history of colon cancer, other cancers, or known genetic mutations, require a different screening schedule. They should consult their primary care provider to determine when to start the screening.

OCTOBER & NOVEMBER Community Health Programs

BEE WELL FUN RUNS

Through October 11

» The Edgar County Bee Well group is sponsoring a six-week series of free fun runs for children of all ages and abilities. All races take place on Thursday at 5:30 pm at West Lake Park in Paris. Registration not required.

FREE ADULT CPR/AED CLASS

October 1

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

NATIONAL PHYSICIAN ASSISTANT WEEK

October 6-12

» Horizon Health encourages everyone to thank their physician assistant for the valuable service they provide to the community. Physician assistants seeing patients at Horizon Health are: Jackie Coffman, PA; Jolena Martin, PA; and Matt Woodruff, PA.

MONTHLY HEALTH SCREENINGS

October 19, November 13

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings, 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

VOLUNTEERS' CHOCOLATE SALE

October 24 & 25

» The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Clinic.

ANNUAL DINNER FUNDRAISER

November 10

» "Fabulous 40's" is this year's theme. Social hour is 6 to 7 pm, with dinner at 7 pm. Eveland Gym will be turned into the Rainbow Room. A 16-piece big band from Terre Haute will provide entertainment. Proceeds will be used toward an underwater treadmill for the Rehabilitation Services Department. Seating is limited. Call Cindy Belt at 217-466-4734.