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BEAT BREAST CANCER WITH A REGULAR MAMMOGRAM



By Alycia Findlay, MD

October is National Breast Cancer Awareness Month, so you may be thinking about your upcoming mammogram appointment. You're not alone. Women ages 40 and older should have a yearly mammogram, as well as a yearly clinical breast exam. However, you may have a lot of questions about your upcoming appointment or what a screening mammogram really entails.

During a screening mammogram, the breast is X-rayed in two different positions: from top to bottom and from side to side.

When a mammogram is viewed, breast tissue appears white and opaque (cloudy), and fatty tissue appears darker and translucent (semitransparent).

On a screening mammogram, questionable abnormalities sometimes need additional evaluation. With further examination, most of these questionable abnormalities are found to be normal breast tissue or benign (non-cancerous) tissue.

Before the test

Discuss any recent changes or problems in your breasts with your healthcare provider before getting a mammogram. If you are pregnant or think that you may be, or are breastfeeding, please tell your physician. To minimize discomfort during compression, you may want to consider scheduling your appointment 7-10 days after the start of your period.

On the day of the test

Don't wear body powder, cream, deodorant or lotion on your torso. After checking in for your appointment, you will be asked to remove all clothing above the waist and will be given a hospital gown to wear. This test is performed by registered mammography technologists, and the X-rays are interpreted by board-certified radiologists.

During the test

Going through a mammogram for the first time can be uncomfortable, but it is nothing to be worried about. The technologist will position the breast on a breast support and then a compression (squeezing) is applied with a plastic paddle while the X-rays are taken. There may be discomfort or pressure during the three-to five-second period of compression; however, compression is necessary to obtain the clearest possible picture with the least amount of radiation. Cooperation is essential to obtain clear mammograms, but please inform the technologist if the compression feels excessive.

After the test

After examining the films, the radiologist may ask the technologist to obtain additional images or a breast ultrasound for a more precise diagnosis. This is a routine measure. These diagnostic mammograms require a radiologist to be present during the screening, so they may need to be scheduled for a different time and place.

You may have temporary skin discoloration or mild aching from the compression in the breast area. You can take aspirin or ibuprofen to relieve the discomfort, if you are not allergic to these medications. Generally, you will be able to resume your usual activities immediately.

To schedule an appointment at the Lodi location, call Akron General's Reflections Breast Center at 330.344.5760 or visit akrongeneral.org/reflections.

Diabetes awareness.



By Simranjot Sahota, MD

As a primary care provider, diabetes is a huge concern to me. Rates of diabetes have gone up dramatically – more than 40 percent of Americans have either already been diagnosed with diabetes or have prediabetes, and often don't even know it! It is the seventh leading cause of death in the U.S.

Diabetes affects women differently than men. Women with diabetes have a higher risk for developing heart disease – and at a younger age, plus have a lower survival rate after a heart attack. They are also at higher risk for blindness and depression. Diabetes can also cause difficulties during pregnancy.

The good news is that diabetes can be controlled through a healthy diet, exercise and medicines. And if we can catch prediabetes early enough, we can put interventions in place to keep the patient from developing full blown diabetes.

As you often hear for other health conditions, a healthy lifestyle is key to preventing diabetes. Eating a balanced diet, being physically active, controlling your weight, and not smoking – these are positive changes that will help your overall health. Having a primary care physician who can help you navigate the stages of life is also a great way to be proactive with your health. Ask them about having your fasting blood sugar checked periodically to be sure you are not entering into the prediabetes range.

To schedule an appointment, call 330.948.5533.



Adult Immunizations At-A-Glance

Vaccines aren't just for kids – adults need protection against diseases that can have serious consequences later in life. Below is a list of vaccines that every adult should plan to get:

Vaccine	Who?	Why?	How often?
Flu Shots	Everyone 6 months of age and older	Powers against sickness and death from influenza and its complications.	Every year, preferably before flu season begins in late fall.
Pneumococcal	Everyone age 65	Protects against pneumonia, meningitis and other infections that can lead to hospitalization and death.	You'll need two shots, the PCV13 at age 65 and the PPSV23 one year later.
Tetanus Boosters	18 years of age and older	Guards against a bacteria whose toxin painfully contracts muscles throughout your body.	Every ten years throughout adulthood and with every pregnancy.
Shingles	Adults age 60 and older	Increases your odds for avoiding a very painful rash.	Two-shot series, given two to six months apart.
Hepatitis	Everyone	Prevents serious infection and, in hepatitis B, liver scarring and failure, cancer and death.	One time shot for both hepatitis A and hepatitis B. Hepatitis C lacks a vaccine.

IF YOU ARE TRAVELING ABROAD, MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE DOCTOR TO SEE WHICH VACCINES YOU'LL NEED.

For your good health

LODI HOSPITAL OFFERS PROGRAMS AND EVENTS THAT ARE FUN AND EDUCATIONAL TO HELP YOU STAY HEALTHY.

HEALTH SCREENINGS IN LODI AREA

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Hospital, Main Lobby

Cost: \$15 (complete lipid profile)

Call: 330.948.5544

SUGAR SCHOOL

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

When: Thursday, Sept. 27, Nov. 1

Time: 7-9 p.m.

Where: Lodi Hospital

Cost: \$20 per person, \$30 per couple

Call: 330.948.5546

GOOD HEALTH IN STORE: SUPERMARKET TOURS FOR DIABETES

A registered dietitian helps individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. Provides a unique opportunity for hands-on experience reading food labels, determining portion sizes, deciding which foods are best, learning what to avoid and knowing when you can “bend the rules.” The tour is open to everyone. Reservations are required.

When: Wednesday, Nov. 7

Time: 10:30-11:30 a.m.

Where: Miller's Market, 711 Wooster St., Lodi

Cost: Free

Call: 330.948.5546

Turkey and Beef Stuffed Cabbage

This recipe is low in sodium and saturated fat, but high in lean protein and iron. It's a great way to make this traditional Irish dish leaner – yet still filling and flavorful!



INGREDIENTS:

- 1 head of cabbage
- ½ pound lean ground beef
- ½ pound ground turkey
- 1 small onion, minced
- 1 slice stale whole wheat bread, crumbled
- 1 tablespoon lemon juice
- ¼ cup water
- ⅛ teaspoon black pepper
- 1 can (16 ounces) diced tomatoes
- 1 small onion, sliced
- 1 cup water
- 1 medium carrot, sliced
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch

DIRECTIONS:

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper toweling.
2. Shred ½ cup of raw cabbage and set aside.
3. Brown ground beef and turkey, and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water and pepper in mixing bowl.
5. Drain tomatoes, reserving liquid, and add ½ cup tomato juice from can to meat mixture. Mix well; then place ¼ cup filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove cabbage rolls to serving platter and keep warm.
8. Mix lemon juice, brown sugar and cornstarch and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls. Makes 5 servings.

NUTRITIONAL ANALYSIS: Per serving (2 rolls):

Calories 257 | Fat 9g | Saturated fat 3g | Cholesterol 54mg | Sodium 266mg

Recipe developed by Cleveland Clinic Wellness



Give back.

Support the vital patient care programs of Lodi Hospital through a donation to the Akron General Foundation. All donations raised locally stay local. Make a donation by phone at 330.344.6888 or online at akrongeneral.org/giving.