



The Beacon

The Newsletter of
Med-Cert, Inc.
Volume 1
Issue 33
October 2009

Med-Cert Medical Management Resources

“Guiding your way to better health management”

Address Update

Effective immediately, Med-Cert has changed the suite number for our address. Our complete address is: 13902 North Dale Mabry Hwy, Suite **217**, Tampa, FL 33618. All phone and fax numbers will stay the same. Please update your records accordingly.

Breast Cancer

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected to die from the disease in 2009 alone. Today, there are about 2.5 million breast cancer survivors living in the United States.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Types of breast cancer

There are several different types of breast cancer that can be divided into two main categories - noninvasive cancers and invasive cancers.

Noninvasive cancer may also be called "carcinoma in situ."

Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues. The two types of noninvasive breast cancers are **ductal carcinoma in situ** (referred to as DCIS) and **lobular carcinoma in situ** (referred to as LCIS).

- **Non-invasive breast cancer.** The majority of non-invasive breast cancers are DCIS. In DCIS, the cancer cells are found only in the milk duct of the breast. If DCIS is not treated, it may progress to invasive cancer.

In LCIS, the abnormal cells are found only in the lobules of the breast. Unlike DCIS, LCIS is not

considered to be a cancer. It is more like a warning sign of increased risk of developing an invasive breast cancer in the same or opposite breast.

- **Invasive breast cancer.** Invasive or infiltrating breast cancers penetrate through normal breast tissue (such as the ducts and lobules) and invade surrounding areas.

There are several kinds of invasive breast cancers. The most common type is *invasive ductal carcinoma*, which appears in the ducts and accounts for about 80 percent of all breast cancer cases.

Not all breast cancers are alike - there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For doctor and patient, knowing the stage of breast cancer is the most important factor in choosing among treatment options. Doctors use a physical exam, biopsy, and other tests to determine breast cancer stage.

Stages of Breast Cancer

The most common system used to describe the stages of breast cancer is the AJCC/TNM (American Joint

Committee on Cancer/Tumor-Nodes-Metastases) system. This system takes into account the tumor size and spread, whether the cancer has spread to lymph nodes, and whether it has spread to distant organs (metastasis).

Recurrent cancer - Recurrent cancer is cancer that has come back (recurred) after a period of time when it could not be detected. It may recur locally in the breast or chest wall as another primary cancer or it may recur in any other part of the body, such as the bone, liver, or lungs, which is generally referred to as metastatic cancer.

What is second hand smoke?

Secondhand smoke causes between 35,000 and 40,000 deaths from heart disease every year. 3000 otherwise healthy nonsmokers will die of lung cancer annually because of their exposure to secondhand smoke. These deaths occur because tobacco users are not the only ones who breathe smoke—all the people around them inhale it too. Unfortunately, non-smoking and ventilated public spaces cannot filter or circulate air at the rate necessary to eliminate secondhand smoke.

What is Secondhand Smoke?

- Secondhand smoke is the combination of smoke emitted from the burning ends of a tobacco product (sidestream smoke) and the smoke exhaled from the lungs of tobacco users (mainstream smoke).
- Secondhand smoke contains over 4000 substances, more than 60 of which are known or suspected to cause cancer. Some of the deadly substances in secondhand smoke and the cancers they cause are:
 - Arsenic, benzo(a)pyrene, cadmium, chromium, nickel, and NNK→ lung cancer
 - Nitrosamines→ cancers of the lung, respiratory system, and other organs

- Aromatic amines→ bladder and breast cancers
- Formaldehyde and nickel→ nasal cancer
- Benzene→ leukemia
- Vinyl chloride→liver and brain cancer
- 2-naphthalymine and 4-aminobiphenyl→ bladder cancer
- Lead→ liver cancer
- The Environmental Protection Agency (EPA) has classified secondhand smoke as a "Group A" carcinogen, a substance which is known to cause human cancer.

Ask A Nurse

Q: Why is rheumatoid arthritis (RA) sometimes called an autoimmune disease?

A: Autoimmune diseases are characterized by an immune system attack on health tissues. In RA, white blood cells travel to the synovium (the membranes that surround joints) and cause inflammation, or synovitis.

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Q: I have uterine cancer and have been told I need a hysterectomy. Does that mean my sex life is over?

A: Absolutely not. In fact, your interest in and enjoyment of sex will probably increase. Ask your health care professional when you may begin sexual activity after surgery.

October is Domestic Violence Awareness Month

If you are in danger, please call 911, your local hotline, or (in the U.S.) the National Domestic Violence Hotline: 1-800-799-7233 or TTY 1-800-787-3224 you can also visit the web site at:
<http://dvam.vawnet.org/index.php>

Recipe Corner



After Thanksgiving Turkey Soup

Ingredients

- 1 - leftover turkey carcass
- 3 - medium onions, chopped
- 2 - large carrots, diced
- 2 - celery ribs, diced
- 1 - cup butter, cubed
- 1 - cup all-purpose flour
- 2 - cups half-and-half cream
- 1 - cup uncooked long grain rice
- 2 - teaspoons salt
- 1 - teaspoon chicken bouillon granules
- 3/4 - teaspoon pepper

Directions

Place turkey carcass in a soup kettle or Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Remove carcass; cool. Set aside 3 qt. broth. Remove turkey from bones and cut into bite-size pieces; set aside.

In a soup kettle or Dutch oven, saute the onions, carrots and celery in butter until tender. Reduce heat; stir in flour until blended. Gradually add 1 qt. of reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened.

Add cream, rice, salt, bouillon, pepper, remaining broth and reserved turkey. Reduce heat; cover and simmer for 30-35 minutes or until rice is tender.

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments

For information on any of our services, please call

866-261-5657 (toll free).

We are on the Internet. Visit us at:

www.medcertinc.com



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