



LifeTimes

The Art of Living Well

FALL 2021

INSIDE THIS ISSUE

- The Barriers and Myths of Mammography 1
- Life Journey Oncology Ad 1
- News & Notes—Dignifying The Patient Gown .. 2
- JPMF A Whole New World Benefit Gala 2
- Gift of Light—A Sparkling Holiday Tradition 2

Battling the Barriers and Myths of Mammography

There are no sure things in medicine, but mammography comes close. Regular mammograms have been proven to find breast cancer at its earliest stages, when treatments are most effective. But many women fail to take advantage of these powerful, potentially lifesaving tests because of unfounded fears. If you're one of them, let's break down the barriers and uncover the myths.

BARRIER 1: "I'm afraid insurance won't cover it or I won't be able to afford the copay/deductible."

Mammography is usually covered under most health plans, including Medicare, once a woman reaches an age determined by the insurer. In the case of Medicare, a woman is allowed one breast cancer screening every twelve months at no cost to her if the doctor accepts the assignment.

If you have Medicare and are age 65 or older, Medicare pays for most of the cost of a screening mammogram every 12 months. If needed, Medicare will pay for a diagnostic mammogram at any time.

The Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP) provides testing services, including clinical breast exams and mammograms, to women eligible.

BARRIER 2: "The test is too painful."

Yes, the test can be a bit uncomfortable, but most women don't consider it painful. During mammography, your breast is placed on a special platform and compressed with a plastic paddle.

Compression helps hold the breast still, evens out the breast tissue and allows lower doses of X-rays to be used.

Because there is pressure on the breast, the American Cancer Society recommends you schedule the procedure one week after your period, when your breasts are least tender.

If you feel pain, speak up. The technologist may be able to lower the compression and relieve some of the pressure on your breast.

Remember that the actual X-ray takes less than one minute.

MYTH 1: Breast cancer only affects older women.

FALSE. Breast cancer can occur at any age. To age 39, one woman in 231 will get breast cancer (less than a 5 percent risk); from ages 40 to 59, the risk is 4 percent; from ages 60 to 79, the risk is one in 15 women, or nearly 7 percent.

MYTH 2: "I'm at high risk for breast cancer and there's nothing I can do about it."

FALSE. Women at high risk can take steps to reduce, although not eliminate, their chances of getting the disease. These include lifestyle changes (stop smoking, exercise regularly), medication and, in cases of very high risk, a preemptive mastectomy.

Dr. Cassandra Fernandez has over five years of experience and has expanded the Diagnostic Radiology services available at Parrish Medical Center. Dr. Fernandez specializes in women's diagnostic mammography and offers a wide range of breast imaging and intervention services.

She has particular interest and expertise in:

- Breast Ultrasound
- Breast MRI
- Wire and Seed Localization
- Tomosynthesis guided breast biopsies



Cassandra Fernandez, MD

Diagnostic Radiology services are available at the following locations:

- Parrish Medical Center
- Parrish Healthcare Center | Port St. John
- Parrish Healthcare Center | Titusville

For scheduling call 321-268-6150, option 1.

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Let us know how you enjoy the LifeTimes newsletter, take the quick survey here: parrishhealthcare.com/surveylifetimes.

Life Journey

We believe every life is a symphony of moments that defy the odds with loving care, strength and courage.

Being on the right path to navigate through cancer is important. As your cancer fighting care partners, we believe in blending the art of healing with the science of advanced medicine to treat every type of cancer.

We believe in bringing together the best and the brightest cancer treatment experts; including the expertise of Mayo Clinic.

This dedicated ensemble focuses on you as an individual because every life is a perfect harmony to us.



Visit parrishhealthcare.com/healthaware for a FREE Cancer Risk Assessment.



Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32796



parrishhealthcare.com/oncology

Where the Art of Healing Comes to Life

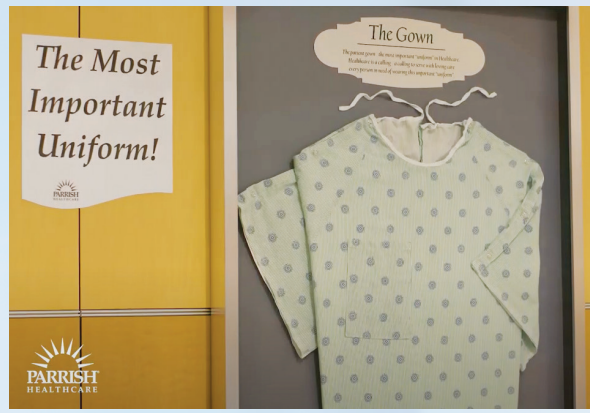


News & Notes

Parrish Medical Center Recognized for Dignifying the Patient Gown

Parrish Medical Center was recently recognized by the Erie Chapman Foundation for being the first hospital in the nation to implement a striking innovation in the Foundation's national campaign, "Patient Dignity!" Our strides in the Patient Gown Initiative are symbolic of our commitment to our mission of providing *Healing Experiences for Everyone All The Time*®.

To watch the video, please visit parrishhealthcare.com/patientgown.



The patient gown—the most important “uniform” in health care. Health care is a calling, a calling to serve with loving care every person in need of wearing this important “uniform”.



WARMEST WISHES
OF THE SEASON
FROM
OUR FAMILY
TO YOURS



Benefit Gala

More than ever, we have been inspired by those on our front line at Parrish Medical Center and throughout Parrish Healthcare facilities. They have selflessly and courageously provided compassionate care in the midst of a once-in-a-lifetime pandemic and inspired our community. The COVID-19 pandemic changed health care as we knew it, and today, it's a whole new world in health care. Join us for the unbelievable sights and indescribable feelings that await you as you stroll through a true Arabian Night and experience *A Whole New World*.

SAVE THE NEW DATE

Saturday, Jan. 15, 2022

In support of the healing mission of Parrish Healthcare, event proceeds will benefit the advancement of Cancer Care programs and services at Parrish Medical Center—the area's ONLY program that is nationally accredited by the Commission on Cancer.

Together, we can create a healthier future for our community.

Don't miss one of Brevard County's favorite high-profile charitable events. Space and sponsorships are limited.



Contact Jess Parrish Medical Foundation at 321-269-4066 for additional information or visit parrishhealthcare.com/ways-to-give/events/gala/.

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Gift of Light

A Sparkling Holiday Tradition



Honor a Loved One

During the holiday season, celebrate those who shine brightly in your life. Memorial and Honor Gifts are a wonderful way to celebrate, remember, recognize, and honor someone's life.

Gift Options:

\$35 or more per honoree – light on the holiday tree

\$100 or more per honoree – light on the star and recognition on the Wall of Honor at PMC throughout the following year

Honor and memorial gifts will be permanently listed in the Book of Honor displayed year-round in the hospitals All Faiths Chapel and in the atrium during the holiday season.

Acknowledgement cards will be mailed to the donor and the honoree or honoree's family.

To make a gift, contact Jess Parrish Medical Foundation at 321-269-4066, or visit parrishmedfoundation.com/donate.



Where the Art of Healing Comes to Life

parrishhealthcare.com