Diagnosing Breast Cancer

Breast cancer can strike anyone – young or old, male or female, from all ethnic backgrounds and walks of life.

The most common sign of breast cancer is a lump or mass. Other common symptoms include breast swelling, skin irritation, the nipple turning inward, nipple discharge (not breast milk) and breast or nipple pain.

These signs may be detected during a breast self-exam, routine clinical breast exam or screening mammogram.

If a suspicious-looking area is detected, additional testing will be used to either confirm a breast cancer diagnosis or identify a benign condition.

Three tests used to diagnose breast conditions are diagnostic mammogram, ultrasound and magnetic resonance imaging (MRI).

Imaging tests can help locate a breast mass, but they cannot confirm a breast cancer diagnosis. This is done during a biopsy to remove cells or tissue samples for laboratory testing. There are three main types of biopsies: Fine needle aspiration biopsy, core needle biopsy, and surgical (incisional) biopsy.

If cancer cells are found after a biopsy, test results can determine the cancer type and whether it is invasive (likely to spread) or in situ (localized). Invasive cancers are assigned a grade based on how closely the sample resembles normal tissue and the likelihood the cancer will grow and spread.

An estrogen and progesterone receptor test can determine if hormone therapy may help stop the cancer from growing. A human epidermal growth factor receptor-2 test can measure a growth factor protein that may cause cancer cells to spread more aggressively.

For more information about breast cancer, talk with your doctor or visit the American Cancer Society website at www.cancer.org.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>2</td>
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</table>
| Exercise with Paul  
7:45 a.m., WISE Center  
Zumba  
12:30 p.m., Lakefront Lobby  | Chi Gong  
9 a.m., WISE Center  
Tai Chi  
10:30 a.m., WISE Center  
Charcoal & Pencil Art Class  
2:00 – 4:00 p.m., Room GA – Ground Floor  
Ballroom Dance  
5:30 – 7 p.m., WISE Center  | Exercise with Paul  
7:45 & 11:00 a.m., WISE Center  
Chair Yoga  
9:30 a.m., WISE Center  
Circle of Yarn  
10:30 a.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  |
| Columbus Day 9 | World Mental Health Day 10 | | | |
| Exercise with Paul  
7:45 a.m., WISE Center  
Zumba  
12:30 p.m., Lakefront Lobby  | Chi Gong  
9 a.m., WISE Center  
Tai Chi  
10:30 a.m., WISE Center  
Grief Support Group  
11:30 a.m., Conference Room 8A  
Charcoal & Pencil Art Class  
2:00 – 4:00 p.m., Room GA – Ground Floor  
Ballroom Dance  
5:30 – 7 p.m., WISE Center  | Exercise with Paul  
7:45 & 11:00 a.m., WISE Center  
Learning Cafe:  
“Recommended Vaccinations  
Ages 65+”  
11:30 a.m., Auditorium  
Senior Care Support Group  
12 p.m., Conf. Rm. 8A  
Ballroom Dance  
6:00 p.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  |
| Paul’s Class is cancelled.  | Paul’s Class is cancelled.  | Chair Yoga  
9:30 a.m., WISE Center  
Brain Health  
10:30 a.m., WISE Center  | Paul’s Classes are cancelled.  | |
| Paul’s Class is cancelled.  | Paul’s Class is cancelled.  | Chair Yoga  
9:30 a.m., WISE Center  
Zumba  
12:30 p.m., Lakefront Lobby  
Ballroom Dance  
6:00 p.m., WISE Center  | Paul’s Classes are cancelled.  | |
| 23 | 24 | 25 | 26 | 27 |
| Exercise with Paul  
7:45 a.m., WISE Center  
Zumba  
12:30 p.m., Lakefront Lobby  | Chi Gong  
9 a.m., WISE Center  
Tai Chi  
10:30 a.m., WISE Center  
Cancer Support Group  
11:30 a.m. – 12:30 p.m., Conference Rm. 8A  
Charcoal & Pencil Art Class  
2:00 – 4:00 p.m., Room GA – Ground Floor  
Ballroom Dance  
5:30 – 7 p.m., WISE Center  | Exercise with Paul  
7:45 & 11:00 a.m., WISE Center  
Senior Care Support Group  
12 p.m., Conf. Rm. 8A  
Ballroom Dance  
6:00 p.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  | Exercise with Ralph  
8:30 a.m., WISE Center  
Scrabble Club  
9:30 a.m., WISE Center  |
| 30 Halloween Day 31 |  |  |  |  |
| Exercise with Paul  
7:45 a.m., WISE Center  
Zumba  
12:30 p.m., Lakefront Lobby  | Chi Gong  
9 a.m., WISE Center  
Tai Chi  
10:30 a.m., WISE Center  
Blood Pressure Screening  
1 to 3 p.m., Main Lobby  
Ballroom Dance  
5:30 – 7 p.m., WISE Center  | Chair Yoga  
9:30 a.m., WISE Center  
Circle of Yarn  
10:30 a.m., WISE Center  
Ballroom Dance  
6:00 p.m., WISE Center  | Exercise with Paul  
11 a.m., WISE Center  
Quit Smoking Support Group  
1 p.m., WISE Center  
Watercolor Art Class  
2:00 – 4:00 p.m., Room GA – Ground Floor  | Exercise with Paul  
11 a.m., WISE Center  
Quit Smoking Support Group  
1 p.m., WISE Center  
Watercolor Art Class  
2:00 – 4:00 p.m., Room GA – Ground Floor  |

Calendar Key
Exercise Classes  
Health Fairs  
Lectures  
Screenings  
Support Groups  
Support Services  
Therapeutic Sessions  
* = Session Relocated
October Special Events

BRAIN POWER: PREVENTING MEMORY LOSS
Keeping the brain active as we age can help to help prevent memory loss. Just a few minutes out of your day engaging your mind can stimulate the function of the brain. Join us on Thursday, October 12 at 11:30 am in the Auditorium. Alex Schwaninger, Memory Care Coordinator, will share techniques he uses in his daily practice. Please RSVP at (844) 776-9733.
Sponsored by Bethany Retirement Community

THE LEARNING CAFÉ: RECOMMENDED IMMUNIZATIONS FOR ADULTS OVER AGE 60
As we age our immune system responds differently. Join the conversation on the top three vaccinations recommended for adults aged 60+. Internist Murray L. Scheinman, M.D. will share the importance of following current vaccine recommendations to prevent illness, cut down on hospitalizations and minimize medical emergencies.
WHEN: Wednesday, October 11, 11:30 a.m.
WHERE: Weiss Auditorium (Ground Floor, A elevators)
REGISTER: By noon on Friday, October 6, at (844) 776-9733.
Registration & attendance is required to receive a complimentary lunch.

HEALTH FAIRS
✓ FREE Health Screenings (Hearing, Vision, Cholesterol, Blood Pressure & Glucose)
✓ Interactive Wellness Experiences: Chair Massage, Fitness & Bone Density Test
✓ Services: Community & Government Agencies
Flu Immunizations (bring along your medical insurance information)

State Representative Sara Feigenholtz & Senator Cullerton Senior Fair
WHEN: Friday, October 6, 11:00 a.m. – 1:00 p.m.
WHERE: Lakefront Medical Building – Atrium, 4700 N. Marine Drive

47th Ward Health & Wellness Fair
WHEN: Saturday, October 14, 9:00 a.m. – 1:00 p.m.
WHERE: Sulzer Library, 4455 N. Lincoln Avenue

Take Charge of Your Health

ART CLASSES
Sandra Clay will provide Charcoal & Pencil Techniques every Tuesday, from 2 p.m. – 4 p.m. and Watercolor Techniques every Friday, from 2 p.m. – 4 p.m. on the Ground Floor, Room GA. $1.00 fee for each class.

BALLROOM DANCE CLASS
Roberto will have you grooving in no time every Tuesday from 5:30 p.m. – 7:00 p.m., every Wednesday at 6 p.m., every Thursday at 6:00 p.m., and Saturdays at 10:00 a.m. in the Senior Center.

BLOOD PRESSURE SCREENING
Find out your blood pressure during our free screenings on the last Tuesday of the month, 1 p.m. – 3 p.m. on the 1st Floor, near Elevator A.

BRAIN HEALTH
Sharpen your pencils and get ready to challenge your mind, test your memory & think outside of the box. Join us every 2nd Thursday from 10:30 a.m. – 11:30 a.m.

CHAIR YOGA
Get fit while you sit, with yoga in a chair. The class meets every Thursday at 9:30 a.m.

CHI GUNG
Young Kleissig integrates physical exercise with specialized breathing. Class meets Tuesdays at 9 a.m. and will help you focus your attention to improve health.

CIRCLE OF YARN
Crocheting, knitting, and quilting—all levels are invited. Donations of yarn are welcome as the group provides hats for local Oncology patients. Knitters meet every Thursday at 10:30 a.m. in the Senior Center.

EXERCISE WITH PAUL & RALPH
Are you ready for your stretching and strengthening workout? Enjoy fun exercises with Exercise Enthusiast Ralph Amayo and Exercise Physiologist Paul Radzki. (Check calendar for dates and times.)

SCRABBLE CLUB
Keep your brain active, sharpen your vocabulary, and hang out with friends every Friday at 9:30 a.m. in the Senior Center.

TAI CHI CLASS
Instructor Lin Shook will take you through the proper techniques to improve balance and your overall health every Tuesday at 10:30 a.m.

ZUMBA
Shake it at your own pace with Mari Jane Dare every Monday at 12:30 p.m. in the Lakefront Medical Lobby.

Support Groups

GRIEF SUPPORT GROUP
Have you lost a loved one? This group meets the second Tuesday of every month from 11:30 a.m. to 12:30 p.m. in Conference Room 8A. Please RSVP to Miranda (773) 564-7300. Sponsored by Seasons Hospice & Palliative Care.

SENIOR CARE SUPPORT GROUP
Are you age 65 or older? Would you like to socialize with others your age? This group offers a chance to chat about the advantages and challenges of growing older. Meet new friends and relax in a warm, caring environment. Join the Senior Care Support Group every Wednesday in Conference Room 8A at 12 p.m. For more information, please call (773) 564-5666.

CANCER SUPPORT GROUPS
Guy Wisdom – Men’s Cancer Support Group & Celebrating Life – Women’s Cancer Support Group will combine and meet on the fourth Tuesday, October 24 at 11:30 a.m. in Conference Room 8A. For more information, call (844) 721-2946.

Register For Any Event! Call (866) 813-4849.
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Thank You – Our Partners

This Month’s Health Topic: Medicare, SHIP & YOU!

Medicare, SHIP & YOU!

Medicare Annual Enrollment Period (AEP) is an annual enrollment period for Medicare Advantage and Medicare prescription drug coverage that takes place October 15 – December 7 every year. During AEP, you may:

- Switch from Original Medicare to a Medicare Advantage plan.
- Switch from a Medicare Advantage plan back to Original Medicare.
- Switch from a Medicare Advantage plan to different Medicare Advantage plan.
- Switch from a Medicare Advantage plan that doesn’t include drug coverage to one that does, and vice versa.
- Join a Medicare prescription drug plan.
- Switch from one Medicare prescription drug plan to another one.
- Drop your Medicare prescription drug coverage.

Start at the online link [www.medicare.gov](http://www.medicare.gov). Still have questions and need clarification of your health care insurance? Do you have questions about Medicaid and your prescription drug coverage plan? Make your appointment today to review with our SHIP Counselor. Call us at (773) 564-5666.

SHIP is a program to educate you on Medicare and its supplements.

Thank You!

Thanks to all who help with our programs at Weiss:

- 3 Angels Home Health
- Advancare Healthcare
- Allied Home Health
- American Cancer Society
- Astoria Chalet
- Carlton @ the Lake
- Grove of Lincoln Park
- Home Instead Senior Care
- Illinois Department on Aging
- Integrative Medicine Team
- Lakeview
- Legacy Healthcare
- Mosaic of Lake Shore Nursing & Rehabilitation Center
- Mosaic Nursing & Rehabilitation Centers
- Seasons Hospice & Palliative Care
- Spirit Rising Foundation
- Waterford Nursing & Rehabilitation
- Weiss Cardiac Rehab Department
- Weiss Medical & Staff Members
- Weiss Senior Members & Volunteers
- Weiss Wound Care & Vascular Dept.

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The information on this newsletter is provided by Weiss Memorial Hospital for educational purposes only. It is not a substitute for professional medical care, and medical advice and services are not being offered. If you have, or suspect you have, a health problem you should consult a physician.

Many of the physicians featured are independent members in good standing with the medical staff at Weiss Memorial Hospital and are neither employees nor agents of the hospital. As such, Weiss is not responsible for any actions that these physicians may take in their medical practices. These physicians are independent physicians who are members of the Weiss medical staff, and are not employees, agents or partners of Weiss, and have not entered into joint ventures with the hospital.