

LAS VEGAS COMMUNITY HEALTHCARE

OCTOBER 2023



LAS VEGAS
HEALS

HEALTH • EDUCATION • ADVOCACY • LEADERSHIP
of SOUTHERN NEVADA

CONTACT US

Las Vegas Heals
p: 702.514.4183
e: editor@lasvegasheals.org
w: www.lasvegasheals.org

PUBLISHER

Anna Aberle
p: 702.920.6215
e: anna@aberlewest.com

CONTRIBUTORS

Diego A. Trujillo - CEO, Las Vegas HEALS

Dr. Zoltan Mari - CCMS

Becky Sennes-Torrez -
President, BrightStar Care

Tracy Wakefield, M.D. - Regional Medical
Director, CenterWell Senior Primary Care
Las Vegas Area

Terry A. Bruesehoff, RN, BSN

Amber Carter - CCMS

Franchesca Gonzales - BrightStar Care

Dr. Arsalan Salamat - Optum Breast Care

Katie Waechter - Watch Media Group

Adriana Romero - Director of Member
Relations, Las Vegas HEALS

SUBSCRIPTIONS

SUBSCRIBE ONLINE
WWW.LASVEGASHEALS.ORG/NEWS/MAGAZINE

MEMBERS

By Joining Las Vegas Heals, You Are
Joining Other Organizations That Employ
Over 34,000 Healthcare Professionals.
There Are Varying Levels Of Membership
From Individual To Large Company.
Membership Level Is Based Upon The
Number Of Employees Working In
Nevada. All Employees Have Access To
Member Benefits.

2 Welcome
Diego A. Trujillo, CEO of Las Vegas Heals

3 Dr. Zoltan Mari
Physician Spotlight & Interview

6 Becky Sennes Torrez
Member Spotlight

**8 I'm a lucky physician
I Practice Medicine Where Care is a Team
Effort that Benefits Patients and Doctors**
Tracy Wakefield, M.D. - Regional Medical Director, CenterWell Senior Primary Care

11 Doobies for the Boobies
Terry A. Bruesehoff RN BSN

13 Celebrates Hispanic Heritage Month
Fermin Leguen, MD, MPH, District Health Officer

14 What is Breast Cancer?

16 Is there a Specific Age for Breast Cancer?

18 Breast Cancer Symptoms

21 Stages of Breast Cancer

23 Cancer Treatments and Therapies

25 How to prevent future complications

**27 How to support a loved one diagnosed
with breast cancer**
Franchesca Gonzales - BrightStar Care

30 Raising Breast Cancer Awareness
Dr. Arsalan Salamat - Optum Breast Care

32 Healthcare Event

TABLE OF CONTENTS

WELCOME

As the leaves begin to change and the air grows crisper, the arrival of October brings with it a powerful reminder of the strength, resilience, and unity within our communities. It's a month that paints our world in shades of pink, symbolizing both beauty and strength, as we stand together in the fight against breast cancer.



Diego Trujillo
CEO of Las Vegas HEALS

Welcome to the latest issue of "Las Vegas Community Healthcare Magazine," where we embark on a heartfelt journey into the heart of Breast Cancer Awareness Month. Within these pages, you'll find stories of courage, triumph, and unwavering support that illuminate the path toward greater awareness, early detection, and compassionate care.

Breast Cancer Awareness Month is more than just a sea of pink ribbons; it's a global movement that transcends borders, race, age, and gender. As we put together this issue, we looked for stories highlighting the specifics within our Valley. As our readership continues to expand, our goal remains to showcase a healthcare community here in our Valley.

I want to thank the hard work of the HEALS members who work to help provide content and showcase their businesses and service lines. Without the support of its members, Las Vegas HEALS would not be able to continue the work it was created to do. We encourage our members to get involved in the discussions, events, and task forces.

PHYSICIAN SPOTLIGHT & INTERVIEW

Dr. Zoltan Mari



"As the region grows and its industries diversify, it is critical for all of us to offer better care here, to help recruitment of talent and leaders in academia, medical education, sports, technology, and entertainment industries."

What is your job title and what do you do?

The Ruvo Family Chair & Director, Parkinson's & Movement Disorder Section + Director of the Parkinson's Foundation Center of Excellence at the Cleveland Clinic Lou Ruvo Center for Brain health. I am an academic neurologist, specializing in Parkinson's disease and movement disorders, splitting my time between clinic seeing patients with such disorders and academic endeavors, such as teaching, designing and conducting clinical research.

What brought you to start practicing medicine in Las Vegas?

I was recruited by Cleveland Clinic from Johns Hopkins University to serve as an endowed chair and build a Parkinson's and movement disorders program.

What are some of the biggest challenges you face and what do you most enjoy about your job?

Nevada remains a hostile reimbursement environment with lack of multi-generational medical education and mentorship, which helped other regions to create a multi-generational presence of medical and educational excellence and a critical mass of high-quality providers, clinics, centers.

I do enjoy educating trainees who appreciate learning opportunities. It is also rewarding to experience the patients' appreciation once they, often times for the first time, able to be properly diagnosed and treated - often in a dramatic, life-changing way.

How did you first get involved with Clark County Medical Society?

I volunteered to serve on committees.

What does leadership in the Southern Nevada medical community look like to you?

Leadership within the Southern Nevada medical community must acknowledge the issues we have among ourselves, work together with legislation and other stakeholders to build a forceful coalition to advance the cause of improving medical care for our communities. As the region grows and its industries diversify, it is critical for all of us to offer better care here, to help recruitment of talent and leaders in academia, medical education, sports, technology, and entertainment industries.

What is your perspective on the future of medicine in Southern Nevada?

It is critical to fix the reimbursement environment. Similarly, importantly we need to engage our community to show examples of outstanding care and how this can represent a meaningful value. We all should help medical education grow and get stronger, of higher quality.

What might someone be surprised to know about you?

I was born in Hungary (Europe) and my wife was born in Nigeria (Africa) and we met and became a family in another country, the US (America), where our kids were born - representing 3 continents in our family.

If you could change one thing about CCMS, what would it be?

More social events, patient events where members could introduce themselves and their practice to the CCMS community.

**"Leadership is not an affair of the head. Leadership is an affair of the heart."
- James M.**



Vegas**HealthCARE**
.com

Bringing the community back into healthcare

Because healthcare is vital, though difficult to navigate and confusing... VegasHealthCare was created by a group of dedicated healthcare professionals with the mission of providing education, information, communication, and available resources to the general public.



VegasHealthCare brings information from all segments of healthcare - from individual provider information to insurance information, social services to Medicare and more, all into one easy to use forum. VegasHealthCare offers the opportunity to self-educate as well as ask questions of the experts and receive clear, detailed responses. VegasHealthCare connects people who are seeking services and match those needs with specific and appropriate providers.

702-664-2124 | www.vegashealthcare.com

MEMBER SPOTLIGHT

Becky Sennes Torrez

President of BrightStar Care



"Las Vegas has a huge community that people just don't always see"

Tell us a little about your business and your role within that business?

BrightStar Care has been open for about ten years and we are a personal care home health company that doesn't do Medicare or Medicaid. It is mostly private pay, workers comp, and some insurance, so we are a niche in that most of our competitors are skilled Medicare agencies or personal care agencies that don't offer skilled care. We offer a continuum of care. We can do anything from companion care all the way up to 24/7 skilled nursing. That includes anything from companion care to personal care, to skilled care, which might look like a personal care attendant, to a certified nursing assistant, to a physical therapist, occupational therapist, to a nurse.

You mentioned you've been in business about ten years, what accomplishments are you most proud of during that time?

We've been able to build the business to be one of the larger agencies in town, which we are really proud of. We were on the front lines and in those early days of the pandemic, no one knew what was going on. One of the first phone calls I got was a client who had tested positive for covid that was a big thing, and just weathering the pandemic and creating a safe environment for our staff and for our clients was key. We were integral in doing a lot of the testing that helped get people back to work, and we were a big part of getting Las Vegas back open.

What does leadership in the Southern Nevada healthcare community look like to you?

I think leadership is based on integrity. I grew up here and have been here for a long time. I see the people who come in like a flash in the pan and think they can make a quick buck, and I am very mindful of my reputation and the motto that you need to do what you say. You need to acknowledge, step up and fix potential mistakes. If you treat your employees well, they will treat your clients well. We try to have a good balance around here, which works because every year, we win awards like Employer of Choice and Provider of Choice. Those are directly linked to outside companies surveying our clients and staff regularly. We want people to want to work for us.

"We offer a continuum of care. We can do anything from companion care all the way up to 24/7 skilled nursing. That includes anything from companion care to personal care, to skilled care, which might look like a personal care attendant, to a certified nursing assistant, to a physical therapist, occupational therapist, to a nurse."

What do you see for the future of healthcare in Southern Nevada?

I was just reading an article about all these people moving here from California. The billionaires, the tech people and everyone is moving here. I'm hoping that as we grow, we get more healthcare providers here too. We need to make it an attractive place to move. Las Vegas has a huge community that people just don't always see. We want to get that message out there that we are a place that you want to come and do business. We can't be the only game in town and rising tides raise all boats.

How long have you been a member of HEALS? Why did you first join HEALS?

I joined HEALS when I first heard about it. I like putting like-minded people together in a community. Instead of me as one person trying to tackle these issues, it's so much better if it's a group of us working together to solve these problems. It's great to have an organization that you are proud to be a part of and you know is doing good things in the community.

I'm a Lucky Physician. I Practice Medicine Where Care is a Team Effort that Benefits Patients and Doctors.

At CenterWell, care teams collaborate in addressing the underlying factors impacting health

By Tracy Wakefield, M.D.

Regional Medical Director, CenterWell Senior Primary Care, Las Vegas Area



I became a physician because I wanted to make a difference in people's lives. Over my career, it hasn't always felt like I've been able to achieve that. There have been times when, despite my best medical efforts, socioeconomic challenges interfere with my patients' ability to take care of their health. That is why I am grateful to be working for the CenterWell Senior Primary Care organization where we really

can make an impact on the lives of Nevada's seniors.

In contrast to most practices, CenterWell takes a care team approach that enables us to address the daily difficulties our patients face and allows me to practice medicine in a meaningful way. Our team includes physicians, pharmacists, behavioral specialists, resource coordinators and care coaches, as well as other clinicians and administrative staff. Together, we're able to truly get to know our patients and the factors impacting their health; and what's most important, we can actually do something to help overcome those barriers.

Many of our patients struggle with food insecurity, which can have a severe effect on their health. In my prior practices, while I understood the importance of helping patients access healthy foods, I didn't have the bandwidth or support to get that done. At CenterWell, not only does our resource coordinator connect patients with food assistance programs, we have also begun to set up food pantries in our clinics located in economically disadvantaged areas to make it even more convenient for them to access nutritious food.

Having a care team allows us to treat the whole person, not just their medical conditions, which is far more effective medicine. It is also an antidote to the burnout that is afflicting so many physicians. Even as the pandemic has subsided, those feelings persist among physicians across the country, including in Nevada. A national physician survey found that 75% of physicians were feeling even more burnt out in 2022 than a year earlier, and that their priorities and expectations about their careers have shifted.

In my experience, a major contributor to physician disillusionment and burnout is the feeling that what you do doesn't have a significant impact on your patients' health. At CenterWell, the support of the care team enables us to understand and help address the root causes of their health problems. Knowing that what you've done for a patient really matters makes all the difference for a physician's job satisfaction.

"CenterWell believes in the importance of senior-based primary care and going beyond basic medical care to help seniors stay as healthy as possible and thrive as they age."

CenterWell's approach proves there is a better way to practice medicine. Among the benefits to both physicians and patients, the following factors stand out for making that difference:

Mission-driven Care: CenterWell believes in the importance of senior-based primary care and going beyond basic medical care to help seniors stay as healthy as possible and thrive as they age. We have developed a pure care model that is entirely focused on caring for seniors whose health issues are often complex, which I find particularly interesting and what drew me into the field of medicine. The care team is an essential part of our approach; whether it's our care coaches supporting patients after a hospital visit, social workers addressing their social service needs or behavioral health specialists referring them to mental health services, that collaborative approach and the extended time with patients – up to 40 minutes per visit – provides the support and time needed to understand and treat the full scope of their health issues.

Care: Patients appreciate the difference in the whole person care they receive, and it makes my job as a physician far more gratifying. The care team model enables our physicians to have lower patient panels and more time with each patient, allowing us to spend those visits building strong relationships and a better understanding of their needs. Knowing their challenges, we provide services that will set our patients and physicians up for success. In addition to helping patients with their daily needs such as access to food, housing and utility assistance, we also locate our centers in easily accessible areas, such as shopping districts where residents regularly go by car or public transportation, so their visits can be more frequent and consistent. This type of patient support helps me be more effective at my job.

Collaboration: There is a collaborative culture at CenterWell that is integral to the care team model. We huddle daily to discuss our patients and share knowledge and perspectives. That collaboration with other professionals, as well as other physicians, is so important. Unfortunately, it doesn't happen in most practices. You know you're not alone in the care of the patient and don't have to be the expert on everything. Working in this collaborative environment is helpful for all our physicians but is particularly advantageous for younger doctors who greatly benefit from the mentoring and information sharing that they experience at CenterWell.

"You know you're not alone in the care of the patient and don't have to be the expert on everything. Working in this collaborative environment is helpful for all our physicians but is particularly advantageous for younger doctors who greatly benefit from the mentoring and information sharing that they experience at CenterWell."

Growth: There are currently 13 CenterWell Senior Primary Care centers in the Las Vegas area, with a 14th scheduled to open soon. CenterWell Senior Primary Care is part of the nation's largest senior-focused primary care network, which also includes Conviva Care Center. The network includes nearly 260 centers across 15 states with ongoing expansion. This growth provides opportunities to consider working in different locations and for my fellow physicians to experience the benefits of working for an organization that supports a care team model.

I would encourage anyone looking for a change and interested in working in a truly collaborative and supportive practice where you can effectively address the factors impacting your patients' health, to take a tour of our centers and talk with our providers to better understand how we deliver primary care. You'll find that physicians practicing at CenterWell know they're making a difference.

To learn more about careers at CenterWell Senior Primary Care, please visit [CenterWellCareers.com](https://www.CenterWellCareers.com).

Location, location, location.

Find your next home with
The Villa Group at Douglas Elliman.

**No transaction fees for Las Vegas HEALS
members. Up to \$895 in savings!**

Kolton Villa • Broker Salesperson • BS.1002521
thevillagrouprealestate.com • (702) 359-9089

Douglas Elliman fully supports equal housing opportunity.

V|G

THE VILLA GROUP
AT DOUGLAS ELLIMAN REAL ESTATE

WE'VE GOT A

LOAN PROGRAM

JUST FOR

**MEDICAL
PROFESSIONALS**

This program is designed specifically for medical professionals, who are new or seasoned, to buy a primary residence with low down payment options and/or with little to no real income experience.

**Call us to learn more
702-335-6500**

eleven-lending.com

Eleven Lending, LLP fully supports the principles of the Fair Housing Act



NMLS# 502165
NMLS# 218046
3753 Howard Hughes Pkwy
Suite 200, Office 219-A
Las Vegas, NV 89169
Equal Housing Lender



Doobies for the Boobies

According to the Centers for Disease Control and Prevention (CDC), 240,000 women and 2,100 men are diagnosed with breast cancer every year. Of that number, an estimated 42,000 women and 500 men lose their lives to the disease.

There are many factors that contribute to a person's diagnosis, including older age, genetic mutations, or having a family history of breast cancer. In order to treat the condition, patients can undergo surgery, chemotherapy, hormonal therapy, and more, but it depends on the type of treatment and the stage of cancer.

Like with other cancers, people with breast cancer have often found relief from their symptoms by using cannabis. So as Breast Cancer Awareness Month kicks off, we're bringing attention to the fact that cannabis can help.

According to Breastcancer.org, a survey they collected showed that 42% of people diagnosed with breast cancer were using medical cannabis to treat the side effects of their treatments. Most participants ranged in age, cancer stages, and treatment phases, and 75% of them said it was "very" or "extremely" helpful.

Breastcancer.org founder and chief medical officer, Marisa C. Weiss, spoke about how cannabis works for patients back in a 2020 interview. "People who receive cancer treatment, especially people with breast cancer, end up going through a variety of treatments such as surgery, chemotherapy, targeted therapies and estrogen therapies, which can all go on for years," Weiss said, noting that common symptoms include pain, anxiety, insomnia, nausea, and vomiting.

chemotherapy," Weiss explained. "In some patients, the pain and discomfort from this means they can't even wear a regular shoe or stand on their feet for extended periods of time. Or, for those whose hands were "A common symptom people struggle with is peripheral neuropathy after affected, they cannot button a shirt or open a jar of peanut butter to make sandwiches for their kid's lunch. The throbbing 'pins and needles' pain make each day a struggle and can also wake people up in the night."



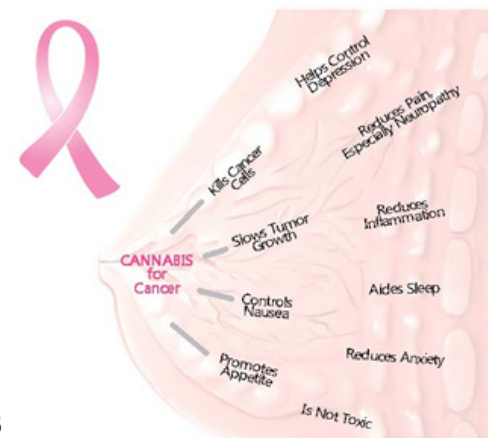
Breast cancer and cannabis: How it can help

Cannabis can't cure cancer, but it can help patients manage both the mental and physical side effects that often come with it.

Cannabis can also elevate your mood at critical moments, and even help you psychologically come to grips with the difficult times ahead. This is no small thing. Many of the medicines you will be prescribed, and procedures you will undergo—helpful as they may be—will leave you feeling depleted (to say the least).

Cannabis is restorative—to body and soul.

To laugh, to escape from pain and anxiety, to step outside one's self and experience a moment of peace, or bliss, or both—what could be more healing? Now, I don't have any studies to back up this particular claim, but I have seen it firsthand countless times in my 15 years of meeting cancer patients and writing about their relationship with medical cannabis. And that includes both people who had a lot of experience with cannabis before they got cancer and those who'd never even considered trying it before.





BREAST CANCER & MEDICAL MARIJUANA



What is Breast Cancer?

Breast Cancer is uncontrolled breast cell growth that causes tumors to form in breast tissue. These growths can then spread throughout the body, causing damage.

Symptoms



- ✓ Lump that wasn't there before
- ✓ Hard masses with irregular edges
- ✓ Abnormal soft and round lumps
- ✓ Swelling in breast
- ✓ Pain
- ✓ Retracted nipples
- ✓ Discharge
- ✓ Irritation
- ✓ Redness

Common Treatments

Treatment for breast cancer can differ depending on the type and the stage of the cancer.

Surgery is the most common treatment for breast cancer,



such as a breast-conserving surgery or a mastectomy.

Other treatments include:



Radiation therapy



Supplements



Chemotherapy



Hormone therapy

Treatment Side Effects

- Bleeding
- Fatigue
- Headaches
- Pain
- Numbness
- Dental Issues
- Lymphedema



- Bones Loss
- Heart problems
- Cataracts
- Blood clots
- Infertility
- Memory loss
- Loss of cognitive function

Cannabis & Breast Cancer



Many patients cannot afford the therapies needed to slow down breast cancer progression. Not only is medical marijuana a more affordable option, but it both alleviates symptoms and reduces cancer cells.

Treating Breast Cancer with Medical Marijuana

Recommended Ingestion Methods:



Smoking



Edibles



Vaping



Pills



Cannabis oil



Tinctures



Topicals

Some conditions cannabis has been shown to help alleviate in breast cancer patients include:

Anxiety & Depression

Between the appointments, treatments, what-ifs and decisions to be made, a breast cancer diagnosis can be all-consuming for both patients and their caregivers. As a result, many, like Vida, experience anxiety, depression, insomnia and more. Cannabis can often help people manage these conditions either alone or in conjunction with other therapies.

Pain

Breast cancer may often result in physical pain as well. From dull aches to sharp pains and neuropathy, cannabis can help patients find relief. It works by supplementing the body's naturally occurring endocannabinoids to help them out when they can't be recycled quickly enough.

Nausea & Appetite

Cancer treatments, like chemotherapy, often come with gastrointestinal issues including nausea, vomiting and lack of appetite that cannabis can help quell. In fact, one popular anti-nausea medication is made from a synthetic version of THC. Some forms of cannabis are also often effective at stimulating one's appetite and helping keep food down.

What To Know About Using Cannabis

While cannabis can be an incredible source of relief for breast cancer patients, all cannabis isn't created equal, and the right products and doses may differ widely from one individual to the next. When using it to treat breast cancer symptoms, it's important to get guidance from medical professionals that can help you or your loved ones select the best products for your unique journey. That means only getting products from a dispensary that's licensed, regulated and controlled. Cannabis CAN be an important part of your healing from breast cancer!



Terry A Bruesehoff RN BSN

Cannabis Educator,
Helox Ambassador: Cashless payment platform for cannabis
www.monarch.is
(808) 476-2005



SOUTHERN NEVADA HEALTH DISTRICT CELEBRATES HISPANIC HERITAGE MONTH

Written By: Fermin Leguen, MD, MPH, District Health Officer



In observance of Hispanic Heritage Month, September 15 to October 15, the Southern Nevada Health District paid tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation.

Hispanic/Latin Americans comprise the largest minority group in the United States and diversity is one of our country's greatest strengths. We are grateful for the far-reaching impact of Hispanic culture on our society, and the Health District was proud to join the local community in celebrating Hispanic Heritage Month.

As part of its observance of the month, the Health District highlighted its existing programs and collaborated with community partners to create opportunities to improve the health and well-being of our Hispanic populations through programs and special activities.

In Clark County, 24.6% of Hispanic or Latino adults were in fair or poor health in 2021. Among Hispanic adults ages 18 and over in Clark County, approximately 38% had obesity. Diabetes prevalence in Hispanic adults was slightly higher than that in non-Hispanic white adults ages 18 and over (12% and 11%, respectively). Nearly 12% of Hispanic adults in Clark County smoked cigarettes in 2021.

During September, the Health District hosted Diabetes Self-Management, Education, and Support classes in Spanish, providing education and resources to help participants self-manage their type 2 diabetes. The classes were open to anyone with type 2 diabetes as well as people with prediabetes or who are at risk for developing type 2 diabetes. Classes were held at Health District's Main Public Health Center at 280 S. Decatur, Las Vegas, NV 89107.

The Health District also offered help to people who want to quit smoking. The Por Mi Por Ti Por Nosotros, Viva Saludable Latinx initiative, in partnership with the Mexican Patriotic Committee, provided support for a tobacco-free lifestyle at the annual Fiestas Patrias event. It was held on September 16, at the Sammy Davis Jr. Festival Plaza, 770 Twin Lakes Dr., Las Vegas, NV 89107. The Health District provided cessation resources as well as culturally and linguistically tailored information on the dangers of smoking and vaping. More information on the Por Mi Por Ti Por Nosotros program is available at www.pormiporiti.org.

Additionally, the Health District's Por Mi Por Ti Por Nosotros, Viva Saludable Latinx initiative hosted an 8-week in-person tobacco cessation program in Spanish. Participants were able to develop a personalized plan to help them quit, while obtaining professional support and free nicotine replacement therapy. The group sessions took place at the East Las Vegas Community Center, 250 N. Eastern Ave., Las Vegas, NV 89101. An informational session was held on September 20, at the center and was open to all community members. The first group session was held on September 27, and the program was free to all attendees.

These activities provided additional access to Health District programs; however, our Office of Chronic Disease Prevention and Health Promotion offers a variety of chronic disease and prevention self-management health topics and resources on an ongoing basis. More information is available on its Spanish-language website, Viva Saludable.

We are grateful for the far-reaching impact of Hispanic culture on our society, and the Health District was proud to join the local community in celebrating Hispanic Heritage Month.

Clark County Medical Society

CCMS Established in 1955, is a professional organization of more than 1,600 physician, resident, and medical student members. The organization advocates for physicians and their patients in Southern Nevada, encouraging the delivery of quality health care within the community.

For more information, visit www.clarkcountymedical.org or call 702.739.9989



Website



What is Breast Cancer?

Breast cancer is a type of cancer that forms in the cells of the breast. It can occur in both men and women, but it is far more common in women. Breast cancer is one of the most prevalent cancers globally and a leading cause of cancer-related deaths in women.

Here are some key points about breast cancer:

RISK FACTORS: Several factors can increase a person's risk of developing breast cancer. These include gender (women are at higher risk), age (risk increases with age), a family history of breast cancer, certain genetic mutations (like BRCA1 and BRCA2), hormonal factors (early menstruation, late menopause, hormone replacement therapy), obesity, and radiation exposure.

SYMPTOMS: Common symptoms of breast cancer may include a lump in the breast or underarm, changes in the size or shape of the breast, nipple discharge (other than breast milk), and skin changes on the breast (such as dimpling or redness).

SCREENING: Early detection through regular screening is crucial for improving the chances of successful treatment. Mammograms, clinical breast exams, and breast self-exams are tools used for breast cancer screening and early detection.

TYPES: There are several types of breast cancer, but the most common types are invasive ductal carcinoma and invasive lobular carcinoma. These cancers can have different characteristics and may require different treatment approaches.

STAGING: Breast cancer is typically staged from 0 to IV, with stage 0 being non-invasive and stage IV indicating advanced cancer that has spread to other parts of the body.

TREATMENT: Treatment for breast cancer depends on the stage and type of cancer, as well as individual factors. Common treatment options include surgery (such as lumpectomy or mastectomy), radiation therapy, chemotherapy, hormone therapy, targeted therapy, and immunotherapy.

PROGNOSIS: The prognosis for breast cancer varies widely depending on factors like the stage at diagnosis, the type of cancer, and the individual's overall health. Early-stage breast cancer often has a better prognosis than advanced-stage cancer.

PREVENTION: While not all cases of breast cancer can be prevented, some risk reduction strategies include maintaining a healthy lifestyle (e.g., regular exercise and a balanced diet), limiting alcohol consumption, and, in some cases, undergoing risk-reducing surgeries (e.g., mastectomy in high-risk individuals with specific genetic mutations).

SUPPORT: A breast cancer diagnosis can be emotionally and physically challenging. Support from healthcare professionals, support groups, and loved ones can be instrumental in the journey from diagnosis through treatment and recovery.

It's essential to consult with a healthcare provider for regular check-ups and screenings, especially if you have risk factors for breast cancer or notice any unusual changes in your breast tissue. Early detection and timely treatment can significantly improve the outcomes for individuals with breast cancer.

CARING FOR *Your Eyes* SINCE 1987



For more than 35 years, Nevada Eye Physicians has served Southern Nevada's community. We are dedicated to enhancing and preserving our patients' most precious sense of sight while providing the highest quality of eye care. Our team of eye care physicians takes pride in caring for our patients' vision by using state-of-the-art technology. Your vision is our focus.

- Cataract Removal
- Premium Intraocular Lenses
- Corneal Care
- Glaucoma Treatment
- Laser Vision Correction
- Cosmetic Eyelid Surgery
- Pediatric Ophthalmology
- Complete Optical Shop
- Surgeries Conducted in Outpatient Centers



702.825.8724
nevadaeyephysicians.com

**MET YOUR ANNUAL
DEDUCTIBLE?
SEE US TODAY!**

TRUNK SHOW

October 11th • 10AM to 3PM
Vendors Include:
Versace, RayBan, Coach, Swarovski
1505 Wigwam Parkway, Suite 100 Henderson
50% OFF Frames & Lenses

Sale valid Oct. 1st thru Oct. 31st

Scan the QR code
to schedule
an appointment.



Centennial Hills 📍 Henderson 📍 Southwest 📍 LV Medical District



Don't have I.T. all covered?

Call today, we can help!



www.htsnv.com 702-553-3200

Is There a Specific Age for Breast Cancer?

Breast cancer can occur at any age, including in young individuals. While the risk of breast cancer increases with age, it is not limited to older adults. Breast cancer can develop in women and, less commonly, in men of all age groups, including those in their 20s and 30s.

In younger individuals, breast cancer is often referred to as "early-onset" or "young-onset" breast cancer. The risk factors and characteristics of breast cancer in younger individuals may differ from those in older age groups. Here are some key points to consider regarding breast cancer in young people:

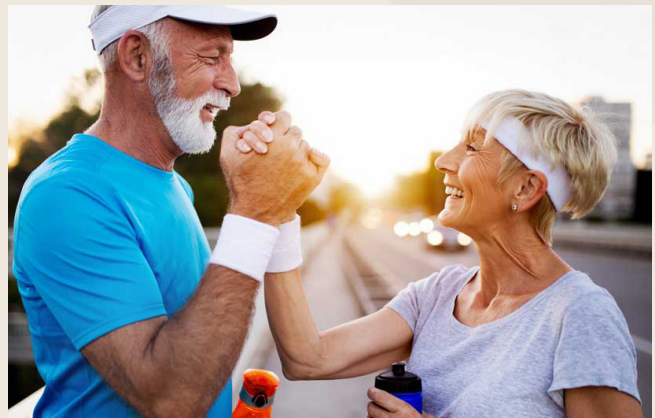
RISK FACTORS: Younger individuals with breast cancer may have unique risk factors, such as a strong family history of breast or ovarian cancer, certain genetic mutations (e.g., BRCA1 and BRCA2), exposure to radiation therapy during adolescence, and certain reproductive factors (e.g., starting menstruation at an early age or having a first child at a later age).

AGGRESSIVE SUBTYPES: In some cases, breast cancers in younger individuals may be more aggressive and have different biological characteristics compared to those in older individuals. This can influence treatment options and outcomes.

SCREENING AND EARLY DETECTION: Breast cancer screening guidelines may differ for younger individuals compared to older adults. Some healthcare organizations recommend starting breast cancer screening earlier and considering more frequent screenings for individuals with an elevated risk, such as those with a family history of the disease or certain genetic mutations.

AWARENESS: Younger individuals and healthcare providers should be aware that breast cancer can occur at any age. It's essential for young people to be vigilant about breast health, perform breast self-exams, and promptly report any concerning symptoms to a healthcare provider.

ADVOCACY AND SUPPORT: Young individuals facing a breast cancer diagnosis may find it beneficial to seek support from healthcare professionals, support groups, and advocacy organizations specializing in breast cancer in young people. These resources can provide guidance on treatment decisions and emotional support during the journey.



While breast cancer in younger individuals is relatively less common than in older age groups, it's still important to be aware of the possibility and to take steps for early detection and prevention if you have risk factors or experience any concerning symptoms. Early detection through regular screening and prompt medical evaluation can lead to more effective treatment and better outcomes.



DELIVERING PRINT EFFICIENCY

P: 702.369.1399 • F: 702.369.8656



HORIZON
PRINT SOLUTIONS

Powered by American Solutions for Business



Horizon Print Solutions is an award winning supplier of Print, Collateral and Mailing Services to clients worldwide for over 20 years. Our Services include Product Management, Complex Distribution & Fulfillment Requests and Supply Chain Management oversight for our clients.

OVER 30 PRINT PRODUCT LINES
DELIVERED INTELLIGENTLY
& EFFICIENTLY

We Specialize In:

- Traditional Forms
- Promotional Products
- Tags & Labels
- Large Format Printing
- Commercial Printing
- Specialty/Unique Items
- Stationery
- Logoed Apparel

Services We Offer:

- Graphic Design
- Mailing Solutions
- Ez-Net Online Ordering
- Warehousing/
Product Management
- Kitting Fulfillment Services

- **EZ-Net:** Online Ordering & Proofing
- **Collateral Management & Distribution:**
Move projects & Packages...
with your mouse.
- **Direct Mail Solutions:**
Ongoing effort or one time campaign

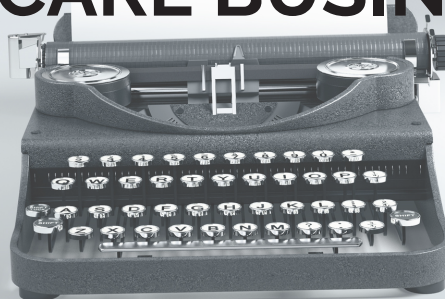


www.PrintEfficiency.com info@printefficiency.com



Watch Media
GROUP

**CREDIBLE
CONTENT WRITING
FOR YOUR
HEALTHCARE BUSINESS**



WATCHMEDIAGROUP.COM

Breast Cancer Symptoms

Breast cancer can present with various symptoms, or it may be entirely asymptomatic in its early stages. The first symptoms of breast cancer can differ from person to person, and some individuals may not experience any noticeable symptoms until the cancer is more advanced. However, here are some common signs and symptoms that could be among the earliest indicators of breast cancer:

Breast Lump: The most common early sign of breast cancer is the discovery of a new lump or mass in the breast or underarm (axillary region). This lump may feel firm or hard and is usually painless, but not all breast lumps are cancerous.

Changes in Breast Size or Shape: Breast cancer can cause one breast to become noticeably larger or change in shape compared to the other breast. This change may not always be accompanied by a palpable lump.

Breast Pain or Discomfort: While breast cancer typically doesn't cause pain in its early stages, some individuals may experience breast pain or tenderness. However, breast pain is a common symptom for various non-cancerous conditions as well.

Changes in the Skin: Breast cancer can cause changes in the skin of the breast, including:

- Dimpling or puckering of the skin.
- Redness or warmth on the breast's surface.
- Inverted or retracted nipple (a nipple that turns inward).

- Unexplained changes in the texture or appearance of the breast skin.

Nipple Discharge: Spontaneous nipple discharge that is not breast milk can be a sign of breast cancer. It may be bloody or clear and occur from one or both nipples.

Changes in the Areola: Changes in the color or texture of the areola (the darker area around the nipple) can sometimes be an early sign of breast cancer.

It's important to note that these symptoms can also be associated with non-cancerous breast conditions. Additionally, some individuals with breast cancer may not experience any symptoms in the early stages, highlighting the importance of regular breast cancer screening and mammograms for early detection.



If you notice any unusual changes in your breasts, whether or not they match the symptoms listed above, it's essential to consult a healthcare provider promptly for a thorough evaluation. Early detection and diagnosis of breast cancer can significantly improve treatment outcomes and increase the chances of successful treatment. Regular breast self-exams, clinical breast exams by a healthcare provider, and mammograms are valuable tools for early detection, especially for individuals at higher risk of breast cancer.



HILTON GRAND VACATIONS CLUB ON THE LAS VEGAS STRIP



HILTON GRAND VACATIONS CLUB PARADISE LAS VEGAS



HILTON GRAND VACATIONS CLUB ELARA CENTER STRIP LAS VEGAS



HILTON VACATION CLUB DESERT RETREAT LAS VEGAS

L A S V E G A S HEALS

HEALTH • EDUCATION • ADVOCACY • LEADERSHIP
of SOUTHERN NEVADA

Enjoy spacious accommodations, resort-style amenities and signature Hilton service when you stay at **Hilton Grand Vacations** properties on and near the Las Vegas Strip.

WHY STAY WITH US

- Discounted rates and no resort charge when using the booking code provided below*
- Upscale, nonsmoking and no-casino properties
- Close to several hospitals and special care facilities
- eforea™ Spa on-site at Hilton Grand Vacations Club on the Las Vegas Strip
- Suites with full kitchens, living areas and in-room washers and dryers
- Studios with kitchenettes
- Coffee maker, refrigerator, microwave and kitchenware in all rooms
- Complimentary fitness center
- Earn Hilton Honors™ Points
- Complimentary Wi-Fi
- Member of Las Vegas HEALS

To check availability and reserve rooms, go to **stayhgv.com**

ENTER SPECIAL RATE CODE: **3125019**

Or, call **800-Hiltons**

MENTION SPECIAL RATE CODE: **K6 Client ID 3125019****

For more information, contact Shannon Weldon

P 702-946-9207

E sweldon@hgv.com

W stayhgv.com

Hilton
GRAND VACATIONS



Hilton Grand Vacations Club on the Las Vegas Strip

2650 Las Vegas Boulevard South
Las Vegas, Nevada 89109

[BOOK NOW](#)

Hilton Grand Vacations Club Paradise Las Vegas

455 Karen Avenue
Las Vegas, Nevada 89109

[BOOK NOW](#)

Hilton Grand Vacations Club Elara Center Strip Las Vegas

80 East Harmon Avenue
Las Vegas, Nevada 89109

[BOOK NOW](#)

Hilton Vacation Club Desert Retreat Las Vegas

5165 South Decatur Boulevard
Las Vegas, Nevada 89118

[BOOK NOW](#)

* Waived resort charge available only at Hilton Grand Vacations Club on the Las Vegas Strip, Hilton Grand Vacations Club Paradise Las Vegas and Hilton Grand Vacations Club Elara Center Strip Las Vegas.

** Discounted rate subject to availability. Not combinable with other offers. Client ID and special rate code are required. Additional resort charge amenities are not included.

Hilton Grand Vacations® is a registered trademark of Hilton Worldwide Holdings Inc. or its subsidiaries and licensed to Hilton Grand Vacations Inc. Hilton Grand Vacations and its properties and programs operate under the Hilton Grand Vacations name pursuant to a license agreement with Hilton Worldwide Holdings Inc. Hilton Honors™ is a trademark of Hilton Honors Worldwide, LLC.



Stages of Breast Cancer

Breast cancer is typically staged to determine the extent of the disease and help guide treatment decisions. The staging system most commonly used for breast cancer is the TNM system, which takes into account three main factors:

TUMOR (T): This factor describes the size of the primary tumor in the breast. It's categorized using a scale from 0 to 4, with higher numbers indicating a larger tumor size.

TX: The tumor size cannot be assessed.

T0: No evidence of a primary tumor.

TIS: Carcinoma in situ, indicating cancer that is confined to the ducts (ductal carcinoma in situ or DCIS) or lobules (lobular carcinoma in situ or LCIS) and has not invaded surrounding tissues.

T1, T2, T3, T4: These categories represent various sizes and degrees of tumor invasion into nearby tissues. The higher the number, the larger and more invasive the tumor.

LYMPH NODES (N): This factor indicates whether cancer has spread to nearby lymph nodes, which are small, bean-shaped structures that are part of the lymphatic system. The N category is classified from 0 to 3.

NX: Lymph nodes cannot be assessed.

N0: No regional lymph node involvement.

N1, N2, N3: These categories represent different degrees of lymph node involvement, with higher numbers indicating more extensive lymph node spread.

METASTASIS (M): This factor assesses whether cancer has spread to distant organs or tissues. It is categorized as either M0 (no distant metastasis) or M1 (distant metastasis present).

Once the T, N, and M categories are determined, they are combined to assign an overall stage of breast cancer. The most commonly used staging system for breast cancer is the American Joint Committee on Cancer (AJCC) TNM staging system, which provides stage groupings from 0 to IV:

STAGE 0 (TIS, N0, M0): This stage is also known as carcinoma in situ and refers to cancer that is still confined to the ducts or lobules of the breast and has not invaded nearby tissues.

STAGE I (T1, N0, M0): Cancer is small and confined to the breast tissue, with no lymph node involvement or distant metastasis.

STAGE II: This stage is further divided into Stage IIA (T0 or T1, N1, M0) and Stage IIB (T2, T3, N0 or N1, M0). It indicates larger tumors, lymph node involvement, or both.

STAGE III: This stage is divided into Stage IIIA (T0 or T1, N2 or N3, M0), Stage IIIB (T2 or T3, N2 or N3, M0), and Stage IIIC (any T, N3, M0). It signifies more extensive local and regional spread.

STAGE IV (ANY T, ANY N, M1): Cancer has spread to distant organs or tissues, which makes it an advanced stage with a poorer prognosis.

Breast cancer staging helps guide treatment decisions and provides valuable information about the extent of the disease. It's important to note that the specific treatment and prognosis for an individual with breast cancer can vary based on factors such as tumor subtype, hormone receptor status, HER2 status, and individual health considerations. Healthcare providers use staging as part of a comprehensive assessment to create a tailored treatment plan for each patient.

Say hello to,



MEDICAL ACCOUNTS RECEIVABLE CONSULTANTS

“We are an extension of your current servicing processes.”

Providing comprehensive medical **office administration services** and **accounts receivable management** for the medical practice community.

MARC designs a configurable workflow for each client we sign. Fully customizing the experience to cater to yours and your patient's needs.

We serve all types of medical companies.



REACH OUT FOR YOUR CUSTOMIZED PLAN TODAY!

Kelsie Buth - General Manager

725.600.1645 | KButh@marcmed.com

833.856.0238 | INFO@MARCMED.COM | WWW.MARCMED.COM

Cancer Treatments And Therapies

Non-medical treatments or complementary therapies can be used alongside conventional medical treatments for breast cancer to help manage symptoms, improve well-being, and support overall health. It's essential to discuss any complementary therapies with your healthcare team to ensure they are safe and appropriate for your individual situation. Here are some non-medical treatments and strategies commonly considered by individuals with breast cancer:

1. Nutrition and Diet:

Healthy Eating: Maintain a balanced diet with a focus on fruits, vegetables, whole grains, and lean proteins. Proper nutrition can support your overall health and energy levels during treatment.

Dietary Supplements: Some individuals take supplements such as vitamins, minerals, or antioxidants. However, it's crucial to consult with a healthcare provider before using supplements, as some may interact with treatments or have adverse effects.

2. Exercise:

Physical Activity: Engaging in regular physical activity can help reduce fatigue, improve mood, and maintain muscle strength during and after treatment. Discuss an exercise plan with your healthcare team to ensure it is safe for your condition.

Mind-Body Techniques:

Mindfulness and Meditation: These practices can help reduce stress and anxiety. Mindfulness-based stress reduction (MBSR) and meditation may be offered through cancer support programs.

Yoga and Tai Chi: These mind-body exercises can improve flexibility, balance, and relaxation. Many cancer centers offer specialized classes for individuals with cancer.

Acupuncture: Some people find acupuncture helpful for managing side effects of cancer treatment, such as pain, nausea, and hot flashes. Consult with a qualified acupuncturist experienced in working with cancer patients.

Massage Therapy: Massage can provide relaxation, reduce muscle tension, and improve overall well-being. Seek a massage therapist experienced in working with cancer patients, as they may use modified techniques.

Supportive Care Services:

Counseling and Support Groups: Emotional support through individual counseling or participation in support groups can help individuals cope with the emotional challenges of breast cancer.

Art and Music Therapy: These creative therapies can provide outlets for expression, relaxation, and stress relief.

Relaxation Techniques:

Breathing Exercises: Deep breathing exercises can help reduce anxiety and promote relaxation.

Guided Imagery: Visualization techniques can be used to manage pain and reduce stress.

Aromatherapy: Some individuals find aromatherapy, which involves the use of scents and essential oils, to be soothing and helpful for relaxation.

Herbal Remedies: Use caution with herbal remedies, as they can interact with medications and treatments. Always consult with your healthcare team before using herbal supplements.

Social Support: Spending time with loved ones, sharing feelings and concerns, and seeking support from friends and family can have a positive impact on emotional well-being.

Remember that the effectiveness of complementary therapies can vary from person to person, and not all therapies are suitable for everyone. It's essential to have open communication with your healthcare team, and they can help you make informed decisions about which non-medical treatments may be appropriate and safe for you. Additionally, ensure that any complementary therapies are used as a complement to, rather than a replacement for, conventional medical treatments.





THERE ARE UNDERPAID BILLING REIMBURSEMENTS SITTING ON

YOUR DESK RIGHT NOW

You could be missing thousands to millions of dollars from the payers and we want to help you recover it! In 7 years we have discovered previous billing opportunities for 100% of our clients averaging 20% or more being underpaid! This translates to missed revenue your facility earned that you did not get paid! We are the experts at helping you get this money. We do this quickly and only get paid a percentage of what we recover with no up front fees!



Dave Austin

 702.496.5291

 dave@ncrs.co

Contact us **right away!**



How To Prevent Future Complications

Preventing future complications related to breast cancer primarily involves ongoing medical care, lifestyle changes, and a focus on overall health and well-being. Here are some steps and strategies to help prevent future complications:

FOLLOW YOUR TREATMENT PLAN: If you've been diagnosed with breast cancer, it's crucial to adhere to your recommended treatment plan. This may include surgery, radiation therapy, chemotherapy, hormone therapy, targeted therapy, or immunotherapy. Follow your healthcare team's instructions and attend all scheduled appointments.

REGULAR FOLLOW-UP CARE: After completing primary treatment, continue to see your healthcare provider for regular follow-up appointments. These appointments are essential for monitoring your health, checking for any signs of cancer recurrence, and managing any potential side effects of treatment.

ADOPT A HEALTHY LIFESTYLE: Making healthy lifestyle choices can reduce the risk of complications and improve overall well-being:

DIET: Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, red meat, and sugary drinks.

EXERCISE: Engage in regular physical activity. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week.

MAINTAIN A HEALTHY WEIGHT: If you're overweight or obese, losing weight through a combination of diet and exercise may reduce your risk of complications and improve your overall health.

LIMIT ALCOHOL: Reduce alcohol consumption, as excessive alcohol intake is associated with an increased risk of breast cancer and other health problems.

QUIT SMOKING: If you smoke, quitting is one of the most significant steps you can take to improve your health and reduce the risk of complications, including cancer recurrence and cardiovascular issues.

MANAGE STRESS: Chronic stress can have negative effects on overall health. Practice stress-reduction techniques such as mindfulness, meditation, yoga, or deep breathing exercises.

BREAST SELF-EXAMS AND SCREENING: Continue to perform regular breast self-exams and attend recommended breast cancer screening appointments, such as mammograms and clinical breast exams. Early detection of any recurrence is crucial for timely intervention.

UNDERSTAND YOUR MEDICATIONS: If you're prescribed hormone therapy or other medications as part of your treatment plan, take them as directed. Ask your healthcare provider about any potential side effects and how to manage them.

GENETIC COUNSELING: If you have a family history of breast cancer or specific genetic mutations associated with a higher risk of breast cancer (e.g., BRCA1 or BRCA2), consider genetic counseling and testing. Knowing your genetic risk can help inform your healthcare decisions.

SUPPORT AND MENTAL HEALTH: Seek emotional support through counseling, support groups, or talking to friends and family. Mental well-being is an essential part of your overall health and can help you cope with the emotional challenges of a cancer diagnosis.

EDUCATE YOURSELF: Stay informed about breast cancer and any advancements in treatment and prevention. Being knowledgeable about your condition empowers you to make informed decisions about your healthcare.

Remember that each person's journey with breast cancer is unique, and your healthcare provider will tailor your follow-up care plan to your specific needs and circumstances. Regular communication with your healthcare team is essential to addressing any concerns or complications that may arise.



DAVCONN SIGNS & PRINTING

IN-HOUSE PRINTING • FAST TURNAROUND • EXCELLENT QUALITY



- BUSINESS CARDS
- POSTCARDS
- DOOR HANGERS
- BROCHURES
- MENUS
- FLYERS
- NCR FORMS
- PRESENTATION FOLDERS
- DECALS
- REAL ESTATE SIGNS
- POSTERS
- FLAGS
- SIGNS
- BANNERS & MORE...

***SAME DAY PRINTING AVAILABLE**

4011 W SAHARA AVE #7, LAS VEGAS, NV 89102 | 702.888.3868

IREPLV, LLC

Commercial Real Estate

Brokerage • Development • Property Management



Serving the Las Vegas Medical Community for 20 Years!

We can help you ... lease | buy | sell | leaseback

Michael Young, Broker B.0145036.LLC

myoung@ireplv.com | 702.604.6209



How to Support a Loved One Diagnosed with Breast Cancer

Franchesca Gonzales - BrightStar Care



Breast cancer, one of the most common cancers among women globally, brings a wave of emotions for the diagnosed and their close ones. As daunting as the diagnosis can be, the journey of recovery and treatment is often paved with challenges that require collective strength and support. Supporting a loved one through this arduous journey is both a responsibility and an art – blending compassion with practicality. In this article, we delve into the multifaceted approach to offer support, understanding, and care to a loved one diagnosed with breast cancer, ensuring they never feel alone.

Understanding the Diagnosis

When a loved one is diagnosed with breast cancer, the initial reaction can be a mélange of shock, sadness, and confusion. It's essential to understand that breast cancer, while life-altering, offers various treatments and many survivors' stories. Knowledge is power. Familiarizing ourselves with the different stages and types of breast cancer can provide a foundation to offer meaningful support.

Steps to Offer Emotional Support

Emotional support, often more profound than physical assistance, is pivotal in healing. It's a balm for the heart, a comfort to the soul, and a boost to the spirit. Here, we break down the critical elements of providing such support:

Active Listening: In a world cluttered with distractions, the art of active listening is a rarity but is fundamental when supporting someone with breast cancer. It entails fully concentrating, understanding, responding, and remembering what the other person is saying. This can translate to feeling valued, understood, and less isolated from your loved one.

It's more than just hearing words; it's about understanding emotions, validating experiences, and creating a safe space for expression. While it might seem simple, lending an empathetic ear can be profoundly therapeutic and offer immense relief to someone navigating the complexities of their diagnosis.

Avoid Minimizing Their Feelings: Every individual's journey with breast cancer is unique, with many emotions - from fear and anger to hope and resilience. As supporters, it's crucial to resist the urge to minimize or dismiss their feelings with statements like "It's not that bad" or "Others have it worse." Such responses, though often well-intentioned, can inadvertently invalidate their experience. Instead, embrace their emotions with understanding and compassion. Replies like "I can't imagine how hard this is, but I'm here for you" can make a difference.

Stay Positive but Realistic: Positivity is a powerful tool. It can lift spirits, provide hope, and act as a beacon of light in darker times. However, when offering support, balancing optimism and realism is essential. While phrases like "Everything will be fine" are said with the best intentions, they can sometimes feel dismissive to someone grappling with a grave diagnosis. Instead, grounding your positivity in reality, such as saying, "This is tough, but we'll navigate it together, one step at a time," can offer hope and a sense of solidarity.

Offer Your Presence: The presence of a loved one can be a silent yet potent form of support. It's not always about the grand gestures or the right words; sometimes, it's simply about being there. Whether it's accompanying them to a treatment session, sitting with them during a quiet evening, or being a shoulder to cry on during more challenging days, your consistent presence can serve as a comforting reminder that they don't have to face this journey alone. In the realm of emotional support, actions truly speak louder than words.

Emotional support is about understanding, patience, and unwavering commitment. It's about standing by your loved one, in good times and in bad, ensuring they have a constant pillar of strength to lean on.



Practical Ways to Assist

Navigating the intricate journey of breast cancer treatment demands more than emotional sustenance. Practical assistance is equally vital, lightening the load for the diagnosed and ensuring they can focus on their recovery. Let's delve deeper into tangible actions that can make a meaningful difference:

1. Assist with Medical Appointments

Medical consultations, treatments, and follow-ups become a significant part of life after a breast cancer diagnosis. Here's how you can make this process smoother for your loved one:

Driving to Appointments: Treatments' physical and emotional tolls can make driving cumbersome. Offering a chauffeur can alleviate this stress and ensure they arrive safely.

Taking Notes During Consultations: Medical appointments can be information-heavy. Having someone note down vital details can assist in processing and recalling crucial information later.

Asking Questions: Stress or anxiety can cause patients to forget pertinent questions they want to ask their healthcare providers. Discuss and list these questions beforehand and ensure they get addressed during the consultation.

2. Help with Household Chores

Day-to-day tasks, taken for granted, can become herculean challenges for someone undergoing cancer treatment. Your assistance in these areas can offer significant relief:

Cooking: Preparing nutritious meals tailored to their dietary needs ensures they maintain strength throughout the treatment. You can also consider batch-cooking and freezing meals for the days you might not be around.

Cleaning: Keeping the living space tidy, dust-free, and sanitized, especially during chemotherapy, which can compromise immunity, is paramount. Regularly assisting with or organizing cleaning can help maintain a healthy environment.

Childcare: For those with young children, managing their energy and needs alongside treatment can be taxing. Offering to babysit, help with school runs, or even assist with homework can be invaluable.

3. Research and Information Gathering

Breast cancer treatment is vast, with continual advancements and discoveries. While one must tread carefully to avoid information overload, well-researched insights can be empowering:

Staying Updated on Treatments: New treatments and therapies are continuously being developed. Visiting abreast of these can open doors to potentially beneficial options.

Seeking Supportive Resources: Several resources are available to assist breast cancer patients, from financial aid to therapy groups. Researching and compiling these can offer both monetary and emotional relief.

Filtering Information: The internet is a treasure trove of information, but only some are accurate and beneficial. Ensure the data you share is from reputable sources and aligns with your loved one's current medical advice.

While emotional support is the foundation, practical assistance is the structure that holds the recovery process together. Your proactive involvement in these areas lightens the tangible burdens and constantly reminds you of your commitment to their well-being.

Support groups provide a safe space for individuals and families to share experiences, seek advice, and find solace in knowing they aren't alone. Consider attending a support group or encouraging your loved one to find a group that suits their needs.

BrightStarCare[®]
A HIGHER STANDARD





A nurse on your side makes all the difference.

When your loved one needs extra care at home, choosing the right caregiver agency can be tough. Let BrightStar Care[®] make it easier.

- We offer **companion and personal care**, including transportation, meal prep, medication reminders, help with hygiene and more.
- Our services include skilled nursing care such as medication administration, therapies, catheter and wound care and more.

Learn more at brightstarcare.com/las-vegas-w.

©BrightStar Care Independently Owned and Operated

Call for your free in-home assessment.

BrightStar Care of W. Central Las Vegas
702-982-2273



Developing Future Leaders in Health Care

NevadaAHEC.org



Why become an AHEC Scholar

The Nevada AHEC Scholars Program prepares you for future leadership roles in health care through interdisciplinary training and provides networking opportunities with potential for career advancement.

- Networking
- Job Opportunities
- Advanced Studies
- Online and Reflective Learning
- Interactive Online Studies

Focus areas include:

- Interprofessional education
- Behavioral health integration
- Social determinants of health
- Cultural competency
- Practice transformation
- Current and emerging health issues

Contact Edy Taylor or Nicole Taylor
etaylor@comagine.org or jtaylor@comagine.org

Raising Breast Cancer Awareness

Dr. Arsalan Salamat - Optum Breast Care

According to the Centers for Disease Control (CDC), breast cancer is the second most common cancer among women in the United States. Each year in the U.S., about 264,000 cases of breast cancer are diagnosed in women and about 2,400 in men. Although deaths from breast cancer have declined over time, breast cancer is still the second leading cause of cancer death among women overall. In addition, breast cancer is the leading cause of cancer death among Hispanic women and Black women die from breast cancer at a higher rate than white women.

While October is recognized as National Breast Cancer Awareness Month, physicians and health care providers emphasize that it is important to remain vigilant year-round in ensuring that our patients are fully aware of the symptoms and risk factors for breast cancer, as well as steps they can take to improve their health, possibly lowering the risk of getting breast cancer or finding it early when it may be easier to treat.

Of course, encouraging mammograms, as appropriate, is especially important because it may detect breast cancer at an early stage when there are no apparent symptoms.⁶ We have to make sure that our patients are well aware of the possible symptoms of breast cancer:

- New lump in breast or underarm (armpit)
- Changes in size or shape of breast
- Thickening or swelling in parts of the breast
- Pulling in of the nipple or pain in the nipple area
- Pain in any area of the breast
- Nipple discharge other than breast milk, including blood
- Irritation or dimpling of breast skin
- Redness or flakiness in nipple area or breast



Screening recommendations vary between experts, but for women at average risk for breast cancer the American Cancer Society recommends an annual screening mammography for women between 40 and 75 years old. Women with certain risk factors for breast cancer may need to start screening at an earlier age and may need more frequent screening based on their family history. Screenings can find cancer before symptoms begin. Therefore, getting screened is important even for those who have no symptoms or complaints. It's a good idea to talk with your patients about potential risk factors and various types of screenings, including mammograms.

The American Cancer Society provides several steps to prepare for a mammogram that would be ideal to share with your patients, such as avoiding deodorants, anti-perspirants, powders, lotions, creams and perfumes under the arm or breasts on exam day. Some of these products can show up as white spots on the x-rays.

I encourage my fellow medical professionals to guide our patients toward breast health and overall well-being by reminding them throughout the year of the tips and guidelines for preventing breast cancer that we as medical professionals may sometimes take for granted.

Resources:

- Basic Information About Breast Cancer | CDC
- Breast Cancer Statistics | CDC
- What Is Breast Cancer Screening? | CDC
- What Are the Symptoms of Breast Cancer? | CDC
- 4 Breast Cancer: Screening | USPSTF
- 5 Guidelines for Early Detection | American Cancer Society
- 6 Mammogram Basics | American Cancer Society
- 7 Tips for Getting a Mammogram | CDC
- 8 Tips for Getting a Mammogram | ACS
- 9 Find a Health Center Tool

EARN YOUR DEGREE IN THE TIME YOU HAVE



RN to BSN | MSN | DNP

From BSN to master's and doctoral degrees, GCU's College of Nursing and Health Care Professions has been preparing students to fill evolving health care roles for over 40 years by offering flexibility to pursue your studies while earning your degree online or on campus.

FOR MORE INFORMATION, CONTACT:

Jeff Reinwald
University Development Counselor
602-247-2118
Jeff.Reinwald@gcu.edu

**GRAND CANYON
UNIVERSITY™**

COLLEGE OF NURSING & HEALTH CARE PROFESSIONS

GCU's Henderson ABSN Campus now open !!

Grand Canyon University is accredited by the Higher Learning Commission (HLCommission.org), an institutional accreditation agency recognized by the U.S. Department of Education. Please note, not all GCU programs are available in all states and in all learning modalities. Program availability is contingent on student enrollment. For more information on the accreditation of nursing programs and other university approvals, please visit our University Accreditation and Regulations page at gcu.edu/CONHCPAccreditation. Important policy information is available in the University Policy Handbook at gcu.edu/academics/academic-policies.php. The information printed in this material is accurate as of JULY 2023. For the most up-to-date information about admission requirements, tuition, scholarships and more, visit gcu.edu. Approved by the Dean of the College of Nursing and Health Care Professions on July 17, 2023.
©2023 Grand Canyon University 23CONE0127



Bill Houghton - Horizon Print Solutions



Brian Rosenberg - KPMG
Diego A. Trujillo - CEO Las Vegas HEALS



Chris Papesh - UNLV

L A S V E G A S
HEALS
HEALTH • EDUCATION • ADVOCACY • LEADERSHIP
of SOUTHERN NEVADA

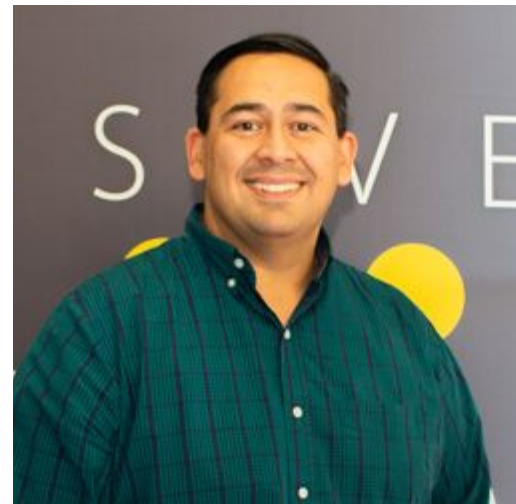
AI HEALTHCARE EVENT AT CSN
SEPTEMBER 21, 2023



Destiny Lwuajoku - UNLV



*Dr. Luis Medina - SNIDS
Adriana Romero - Las Vegas HEALS
Dave Austin - NCRS*



Dr. Luis Medina - SNIDS

L A S V E G A S
HEALS
HEALTH · EDUCATION · ADVOCACY · LEADERSHIP
of SOUTHERN NEVADA

AI HEALTHCARE EVENT AT CSN
SEPTEMBER 21, 2023



UNLV Team



John Walmsley - ACHE



Damaris Valencia
Rosario Espinoza
Adriana Romero - Las Vegas HEALS
Mery Trujillo



Samantha Roy - Intermountain Health

L A S V E G A S
HEALS
HEALTH · EDUCATION · ADVOCACY · LEADERSHIP
of SOUTHERN NEVADA

AI HEALTHCARE EVENT AT CSN
SEPTEMBER 21, 2023



Mario Moya - Smith Plastic Surgery





Lynne McAllister - HIMSS



Demetrius Ware - WEW Emerging & Corp.

L A S V E G A S
HEALS
HEALTH · EDUCATION · ADVOCACY · LEADERSHIP
of SOUTHERN NEVADA

AI HEALTHCARE EVENT AT CSN
SEPTEMBER 21, 2023



Karen Ahern - CSN



Samir Qamar - MD
John Lynn - Healthcare IT
Brian Rosenberg - KPMG
Kasia Hein-Peters - Abante Scientifics
Diego A. Trujillo - CEO Las Vegas HEALS



You specialize in helping to **preserve health**, we specialize in helping to **build wealth**.

At Strategic Wealth Design, we help healthcare professionals balance their financial life so they can achieve the security and financial freedom to focus on things that matter the most.



702-907-7444
www.strategicwd.com
2190 E. Pebble Road
Suite 260
Las Vegas, NV 89123

SCAN HERE
to schedule a
consultation!



Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Strategic Wealth Design and Cambridge are not affiliated. Cambridge does not offer tax or legal advice.

L A S V E G A S HEALS

HEALTH • EDUCATION • ADVOCACY • LEADERSHIP
of SOUTHERN NEVADA

OCTOBER 2023 CALENDAR OF EVENTS

Oct 5 – Oct 7

The Bellagio Hotel
Society for Minimally Invasive
Spine Surgery Annual Forum

Oct 16 – Oct 19

Urgent Care Conference
Paris Hotel

Oct 20 – Oct 22

Wynn Hotel
Neurology for Primary Care Las
Vegas

Oct 8 – Oct 11

HLTH
Las Vegas Convention Center
West Hall

Oct 19 – Oct 22

Wynn Hotel
Clinical Dermatology Conference

Oct 23 – Oct 25

Park MGM
Cardiorespiratory Diagnostics
Seminar

Oct 8 – Oct 12

Health & Justice Symposium
Planet Hollywood Resort & Casino





**REACH OUT TO
THE MEDICAL
COMMUNITY IN
SOUTHERN NEVADA!**

ADVERTISE
*Your
Business*
HERE WITH US

657.348.8345



Adriana@LasVegasHEALS.org

L A S V E G A S
HEALS

**Advertising is available on www.LasVegasHEALS.org
HEALS Headlines Newsletter, and the Las Vegas Community Healthcare Magazine**

The background features a light pink surface with several autumn leaves in shades of orange, yellow, and red, and several small, round, white pumpkins with green stems scattered across the right side.

L A S V E G A S
● ● ● ● ●
H E A L S

HEALTH • EDUCATION • ADVOCACY • LEADERSHIP
of SOUTHERN NEVADA