



BREAST CANCER

Awareness



IT'S ALL AROUND US...

What You May Not Know About Breast Cancer



ONE in every eight American women will hear the words “You have breast cancer” in her lifetime. Awareness campaigns crisscross newspapers, television and radio and countless social media sites.

But there are probably a few things you may not know about breast cancer:

- Breast cancer is not just one disease. The disease can begin in different areas of the breast—the ducts, the lobules, or in some cases, the tissue in between. There are several different types of breast cancer, including non-invasive, invasive, recurrent, and metastatic breast cancers. Check out the details at komen.org.
- About 80 percent of women diagnosed with breast cancer have no family history of breast cancer.
- Men also get breast cancer, however, men account for less than 1 percent of all breast cancer cases.
- Every 69 seconds a woman dies from breast cancer somewhere in the world.
- The two biggest risk factors for breast cancer are being female and getting older.
- Small-breasted women have no less of a chance of getting breast cancer: experts say cup size doesn't matter.
- Breast cancer does not always appear as a lump: about 10 percent of breast cancers are diagnosed with no lumps or pain.

What You Should Know

- It's not dramatic, or “new,” but it is important: make healthy lifestyle choices by maintaining a healthy weight, adding exercise into your routine (if you don't already) and limiting your alcohol intake.
- It sounds basic... and it is: be aware of what is normal for your breasts by starting to have a clinical breast exam at least every three years starting at age 20, your first screening mammogram when you turn 40 (if you're at average risk for breast cancer) and if you notice any troubling changes in your breasts, call your health care provider right away. Don't put it off.
- Breast self-exam (BSE) is a tool that may help you become familiar with the way your breasts normally look and feel. BSE involves looking at and feeling your breasts.
- For more guidance on these and other tips, please visit komen.org.



Stay Strong.

The Healing Hands of  Dimensions Healthcare System

www.dimensionshealth.org

A MESSAGE FROM NANCY G. BRINKER

Founder and CEO of Susan G. Komen for the Cure®

My sister Suzy was born in Peoria, Illinois, in the fall of 1943. The very moment the American dream was about to come true. She was three years old when I was born. Mom says Suzy peeked over the edge of the bassinet and said, “Well! She's quite a character!” We were best friends from that moment on.

Suzy and I grew up watching our parents put faith into action. We learned the importance of volunteering and people coming together with a purpose. Suzy was the queen bee of the neighborhood—very sweet, but she had her mischievous streak. When Suzy was grounded, I was the hostage negotiator. When Suzy exceeded her curfew, I was the peace envoy. When Suzy died, my life's work was born.

Millions of people know the name Susan G. Komen. Her name has become an icon for breast cancer awareness. But I wanted you to know the real Suzy—the Suzy I loved—a bright little girl, the homecoming queen in her dress with pink ribbons, the young woman who loved art and longed to see the world, the dedicated mother who fought for every last moment with her children. Her death set a dramatic series of events in motion, but first and foremost, I wanted to share her life.



Nancy G. Brinker (Right) with her sister Susan G. Komen (Left), whose battle with breast cancer inspired a global movement to end the disease. Susan G. Komen for the Cure®

This was a real woman, just like your sister, your daughter, your best friend.

When Suzy was diagnosed with breast cancer in her early thirties we faced this thing with such limited information. There were no websites, no support groups, very limited treatment options. The lessons learned are so important.

We are the CEOs of our bodies. From the beginning, Susan G. Komen for the Cure® has sought to empower women with knowledge, access to care, and better treatment that comes from a wider understanding of this disease. Working as a team with your physicians and caregivers, you can develop a strategy that works for you.

Just before Suzy died, she said, “Promise me, Nancy. Promise me you'll change it so other families won't have to go through this.” I told her, “I promise. If it takes the rest of my life.” I didn't realize at the time that it actually would.

However, in the wake of all the work left to be done, I am reminded daily how much family matters. I am blessed to have my mother by my side who remains sharp and spry at the age of 89, along with my son, Eric, who now serves on the Susan G. Komen for the Cure® board of directors.

What started as a small group of committed women in my living room in Dallas has grown to a movement that reaches around the world. Our local Affiliates—from Illinois to Italy—are peopled with remarkable volunteers. The Susan G. Komen Race for the Cure® marches on, tens of thousands strong. These are the people who redefined grassroots while our corporate partnerships redefined cause related marketing. We lit up the White House in pink. We lit up the great Pyramids in pink. Together we changed the culture and science of breast cancer in America. Now we're reaching out to women around the world.

You can join us in the global movement to end breast cancer forever. Learn more at komen.org.

Early Detection SAVES LIVES

Finding breast cancer early, before tumors spread from the breast, saves lives. Susan G. Komen for the Cure® has invested more than \$40 million of its \$500 million research investments to find better technology, understand risk factors and otherwise encourage more effective screening methodologies.

Advances in Screening from Research

- For women younger than 50 with dense breasts, digital mammography is superior to film mammography
- Women at high risk for breast cancer benefit from MRI screening

More than Research

In addition to these research dollars, Komen Affiliates have invested more than \$600 million to support community programs to increase awareness and improve access to early detection services.

Your Research Dollars At Work

While mammography has been the standard for decades, it is not perfect, sometimes missing tumors and/or identifying tumors that aren't cancerous. Komen is leading the charge for better, more cost effective and portable tests.

Komen-funded researchers are:

- Developing new imaging technologies that provide enhanced, three-dimensional images and are more comfortable
- Exploring whether genetic codes (biomarkers) in tissue or fluid can be used to create screening tests
- Discovering ways to determine whether a benign tumor will progress into cancer or resolve itself
- Understanding the role of risk factors, such as breast density, on the effectiveness of different screening technologies
- Identifying ways to detect aggressive subtypes, such as inflammatory breast cancer (IBF) and triple negative breast cancer (TNBC)

Early Detection = Fewer Breast Cancer Deaths

Almost two-thirds of breast cancers are now detected early, before they spread, leading to five-year survival rates of 98 percent.

The Susan G. Komen for the Cure® promise is to save lives and end breast cancer forever.

Learn more at www.komen.org.



ANNUAL MAMMOGRAMS PROVIDE EARLY DETECTION OF BREAST CANCER

The National Breast Cancer Foundation reports that an early detection plan significantly increases your chances of surviving breast cancer. A major component of this plan is your annual mammogram which is recommended for women age 40 and over.

Dimensions Healthcare System offers mammograms utilizing state-of-the-art digital mammography technology at its Prince George's Hospital Center facility. Mammograms are also offered at its Laurel Regional Hospital facility.

To learn more about scheduling a mammogram at one of our facilities, contact our Imaging Services Department.



Dimensions Healthcare System

Laurel Regional Hospital 301-497-7994 • Prince George's Hospital Center 301-618-3341

How Physical Activity Affects Breast Cancer is the Focus of a New Susan G. Komen for the Cure® Grant

\$1 Million Grant to Society for Women's Health Research (SWHR) Seeks Answers on Cellular Level



We now know that physical activity both lowers the risk of developing breast cancer as well as improving survival rates for those already diagnosed, but now Susan G. Komen for the Cure® plans to try and find out why.

Komen for the Cure intends to invest \$1 million in the Society for Women's Health Research's (SWHR) pending effort to uncover how physical activity impacts breast cancer at the cellular level, specifically on breast tissue biomarkers in women with early stage breast cancer.

The Society for Women's Health Research is a national, non-profit organization widely recognized as a thought leader in research dedicated to improving women's health through advocacy, education, and research.

A recent review of 41 studies demonstrated a 30 percent to 40 percent lower risk of breast cancer in the most active women compared to the least active and four large prospective

studies have now shown a 40 percent to 67 percent reduction in the risk of death in physically active women after they have been diagnosed.

The exact mechanisms underlying the connection between physical activity and breast cancer are poorly understood but early data suggest physical activity may reduce inflammation and insulin resistance, two factors that may promote breast cancer formation.

"If this research can demonstrate that physical activity leads to alterations in these or other tissue pathways, this would help provide important basic information that links exercise to breast cancer," said Komen President Elizabeth Thompson. "That information could then be used to both direct future research and to develop guidelines for millions of breast cancer survivors and women at risk of developing the disease."

"By focusing on the relationship between exercise and breast cancer, we can move closer towards a cure," said Phyllis Greenberger, MSW, President and CEO of SWHR. "The study partnership between Komen and SWHR will hopefully provide women preventative measures they can take to reduce their risk of breast cancer and/or increase their chance of survival if diagnosed with this devastating disease."

Susan G. Komen for the Cure® has invested \$2 billion to their mission since 1982 – \$1.3 billion in communities and \$685 million in research.



Last year, Susan G. Komen for the Cure® funded more than 700,000 breast screenings for low-income women.



Susan G. Komen for the Cure® is the largest non-government funder of breast cancer research.



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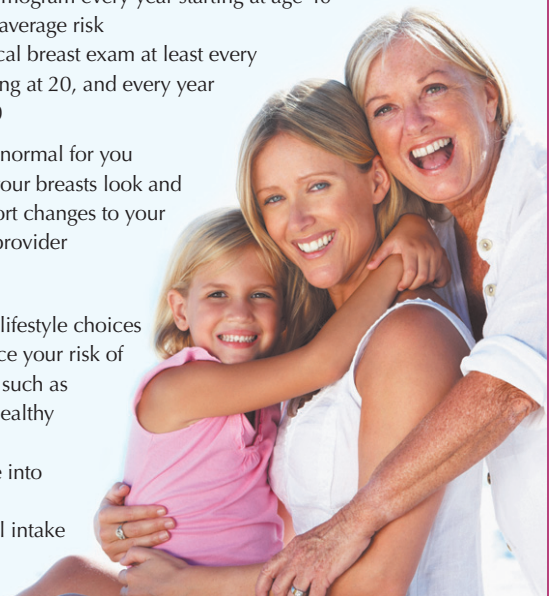
Join Our Nursing Family

Visit our website to view current opportunities and submit an application

www.dimensionshealth.org

Breast Self-Awareness

1. Know your risk
 - Talk to your family about your family health history
 - Talk to your doctor about your personal risk of breast cancer
2. Get screened
 - Ask your doctor which screening tests are right for you if you are at higher risk
 - Have a mammogram every year starting at age 40 if you are at average risk
 - Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
3. Know what is normal for you
 - Know how your breasts look and feel and report changes to your health care provider right away
4. Make healthy lifestyle choices that may reduce your risk of breast cancer, such as
 - Maintain a healthy weight
 - Add exercise into your routine
 - Limit alcohol intake



Susan G. Komen for the Cure® Study Shows D.C. Area Women Need Improved Education, Less Fractured Health System

Komen for the Cure Report to Help Set Priorities for Future Local Outreach and Grant Strategies

Women diagnosed with breast cancer in the National Capital Area are still more likely to die from the disease than the national average, despite increased awareness about the disease, according to a new report released today by Susan G. Komen for the Cure®, the world's largest breast cancer organization.

The Komen for the Cure assessment concludes that women in the area need a more comprehensive understanding of the disease, including how it's discovered and treated. Notably, the report also found that the region's overly fragmented health care system produces substantial barriers to accessing care for major segments of the population.

"This should be a call to action for the breast cancer community. We need to do a better job of teaching women about breast cancer," said Ambassador Nancy G. Brinker, Komen's founder and CEO. "We have the opportunity to make a real impact on this community if we work with our partners to tailor more comprehensive, culturally sensitive education materials and resources. We need to allay fears and arm women with the

knowledge they need to improve their chances of survival."

The report focused on Washington, D.C.'s Wards 7 & 8, as well as Prince George's County in Maryland, and Arlington and Prince William Counties in Virginia. It found that many women simply don't know what they should do about their breast health; are afraid of screening or face economic and transportation barriers that keep them from seeking help. For example, women in these communities face:

- A lack of knowledge about available resources, screening recommendations, the benefits of early detection, the urgency of follow up tests, and the history of success of modern cancer treatments;
- The belief that screening is painful and that a cancer diagnosis equals a death sentence;
- The fear that accessing screening programs for the uninsured and underinsured could lead to issues with immigration; and
- A lack of available providers, leading to difficulties with travel and work requirements, increased waiting times, and eligibility of Medicaid assistance for required treatment.

"We cannot solve all the barriers to care with our grants alone," noted Brinker. "Therefore, Komen will help bring together stakeholders across the region to help the area's health care system more effectively meet the needs of its community."

Komen's community outreach and grants to local health care providers are made possible by funds raised by registration, fundraising and sponsorship of events such as the Susan G. Komen Global Race for the Cure®.



Susan G. Komen for the Cure® reaches millions of people every year with life saving breast health information.



2011 Grant Recipients

Three out of every four dollars generated by the Race will stay in the D.C. area to continue to address these important issues.

Adventist HealthCare

Navigate to Health: Rapid Referral Program

American Association on Health and Disability

Bridging the Gap: No Woman Left Behind

Arlington Free Clinic

From Education to Access

Capital Breast Care Center

Public Education to Prevent Breast Cancer

Georgetown University

Hospital Continuum of Breast Care Project

Prince George's County Health Department

Maryland Expanded Services Program

Providence Health Foundation

Komen Accelerating Breast Cancer Diagnosis Project

Washington Cancer Institute *Provider Education in Cultural Competency Skills*

FOR A COMPLETE LIST VISIT komen.org.

Dimensions Healthcare System would like to remind you that all women over the age of 40 should get a mammogram each year, and if there is a family history of breast cancer, mammograms at an earlier age might be recommended.

For mammograms throughout the entire year, please call 301-618-3343 for more information.

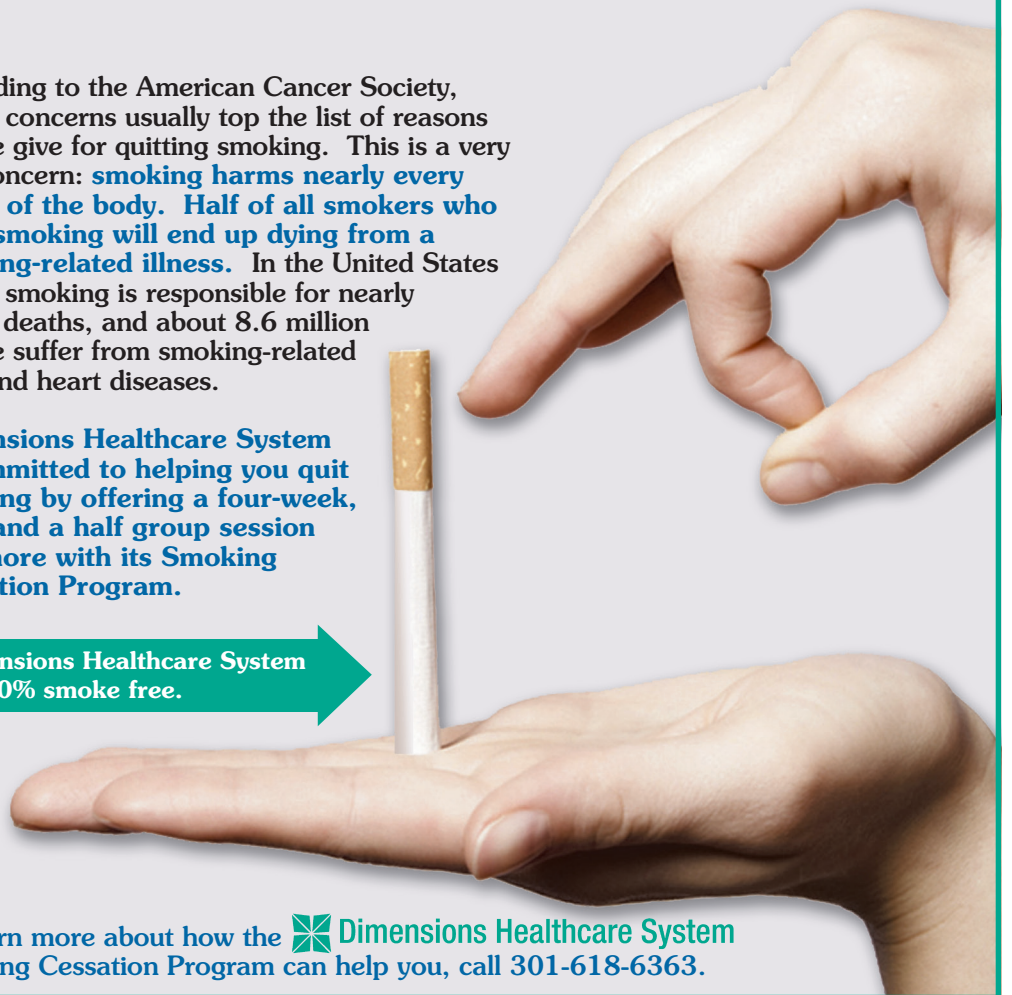
Are You Ready to Kick the Habit?

According to the American Cancer Society, health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: **smoking harms nearly every organ of the body. Half of all smokers who keep smoking will end up dying from a smoking-related illness.** In the United States alone, smoking is responsible for nearly 1 in 5 deaths, and about 8.6 million people suffer from smoking-related lung and heart diseases.

Dimensions Healthcare System is committed to helping you quit smoking by offering a four-week, hour and a half group session and more with its Smoking Cessation Program.

Dimensions Healthcare System is 100% smoke free.

To learn more about how the  **Dimensions Healthcare System Smoking Cessation Program** can help you, call 301-618-6363.



WHY WE RUN

by Susan G. Komen for the Cure®

For nearly three decades, millions have walked or run to honor a loved one and to both raise awareness about breast cancer and to raise funds to discover the cures of tomorrow and fund breast health services that might save the lives of their neighbors today.

We can be proud of how far we've come. What started out as 800 women walking around a shopping mall in Dallas, Texas has grown to include more than 1.6 million people walking or running in more than 140 Susan G. Komen Race for the Cure® events worldwide this year. People are walking in Richmond and Rome; Cleveland and Cairo. It has truly become a global movement.

All this walking has paid off too. In the U.S. we have entered into a new era of awareness, early detection and personalized medicines. This new era is saving lives and providing hope of one day putting an end to the suffering for good.

Yet for all of our successes, this hope is not universally shared. In the heart of our own nation's capital, many women do not fully understand the disease and are confused about early detection. In addition, the health care system is significantly fragmented, making it particularly difficult for those who are uninsured or underinsured to navigate. It also means we are unable to properly serve many areas of our community.

That's why we run. We run, yes, to create a sense of community, to celebrate survivorship, and to raise funds for breast cancer research. Yet we also raise funds to make an impact on the communities that host a Race. For more than 20 years we have hosted the Susan G. Komen Global Race for the Cure® in our nation's capital. Up to 75 percent of all the funds raised by the Komen Global Race stay right here to help local women. The rest go to support our efforts to share the lessons we have learned educating low-resource women in the U.S. with women in low-resource countries of Asia and Africa and Latin America.

We run because we have a lot of work to do to fulfill our promise to save lives and end breast cancer forever.

In recent years Susan G. Komen for the Cure® has sought to raise awareness about breast cancer, particularly in low-income and underserved communities, and to break down barriers that have prevented some women from getting the care they need. And we've had some great successes, such as drastically decreasing the time women at some clinics have to wait in order to get a mammogram.

Yet we are far from satisfied. Komen just finished a comprehensive review of the National Capital Area, and what we found has given us a renewed call to action. Despite our success in raising awareness, women diagnosed with breast cancer in Washington, D.C. are still more likely to die from the disease than women in the rest of the country.

While there are many reasons for this, two things popped out at us. We learned that awareness is not enough – women need to truly understand breast cancer, including how it's detected and treated. We found that myths and misconceptions are still widespread. Many women are afraid of screening, thinking it is painful and that a cancer diagnosis equals a death sentence. Others are confused by media reports with conflicting messages about who should get a mammogram and how often. This confusion is not limited to the health care consumer, but is also prevalent among health care providers.

Notably, we also found that the region's overly fragmented health care system produces substantial barriers to accessing care for major segments of the population. Many women cannot access affordable screening because there is too little funding for programs that provide free and low-cost mammograms. These women face economic and transportation barriers that keep them from seeking help.

No woman should have to die just because of where she lives or where she was diagnosed. While we've come a long way, we are not yet at the finish line. We must keep running. Will you join us?

The 23rd annual Susan G. Komen Global Race for the Cure will be held on the National Mall in Washington, D.C. on June 9, 2012. Visit www.globalracefortheCure.org for more information or to register.



Increasing Breast Cancer Screening for Women in Poverty

There is a simple truth about breast cancer – early detection saves lives. Survival is not a guarantee for anyone, but the odds dramatically shift to a patient's favor if the cancer is detected and treatment begins early, before it has begun to spread.

In fact, 98 percent of women who detect and begin treatment before their breast cancer has begun to spread surpass the critical fifth year – less than a fourth survive that long once the cancer has spread to other parts of the body.

Over the years local Susan G. Komen for the Cure® Affiliates have invested more than \$600 million to support community programs to increase awareness and improve access to early detection services. Increased awareness and access to screening is having an impact, as evidenced by the fact about three fourths of women over age 40 are now receiving an annual mammogram, and almost two-thirds of breast cancers are now detected early.

Yet access to early detection, and diagnosis and treatment without delay is not enjoyed by all women, particularly women living in high poverty areas. In recent years Komen Affiliates have sought to raise awareness about breast cancer, particularly in low-income and underserved communities, with the goal of breaking down barriers that have prevented some women from getting the care they need.

One shining example of this in action is a grant given to the Primary Care Coalition of Montgomery County, Inc. (PCC) made possible by the Susan G. Komen Global Race for the Cure®, which is becoming a catalyst for public-private collaboration to reduce barriers to care. PCC is a partnership between the Montgomery County Department of Health and Human Services, 12 non-profit "safety-net" clinics, and 5 community hospitals. The safety-net clinics serve an ethnically diverse population with high levels of unemployment.

Setting out to reduce barriers to care, improve health outcomes and patient experience and reduce cost, PCC conducted a thorough assessment of the need for patient navigation and systemic reform. The review led to the implementation of a culturally competent patient navigation program at multiple Montgomery Cares Clinics. In addition, PCC developed and implemented a comprehensive "rapid referral" tracking system for reporting and tracking patients through the health care continuum.

The results were nothing short of amazing. The program increased the mammography screening rate for low-income and uninsured women from 20 percent to 58 percent and significantly reduced wait times from 100 days to 5 days. Additionally, for those women whose screening mammogram discovered something abnormal, the time they have to wait to be diagnosed and begin treatment was cut almost in half.

These dramatic improvements will undoubtedly save lives and provide a model for other regions that face similar barriers. We can increase access, improve quality and control costs all at the same time – they don't have to be countervailing priorities.



Quick Facts About Susan G. Komen Global Race in 2011

- About \$5 million raised
- Nearly 40,000 participants including 9,500 runners
- More than 3,100 breast cancer survivors
- More than 2,200 teams
- Nearly 34 International embassy teams
- 45 congressional teams
- More than 35 U.S. government agency teams
- About 10 local government teams
- 1,700 children participated in the Kids for the Cure event
- Nearly 1,800 Sleep in for the Cure participants




Last year, Susan G. Komen for the Cure® provided financial and social support for more than 100,000 women battling breast cancer and their families.



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 Dimensions Healthcare System

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YOU CAN DEPEND ON US For Comprehensive Healthcare Throughout Prince George's County

No matter where you are in Prince George's County, you're never far from the healthcare you and your family need. We offer a full range of inpatient and outpatient services including medical, surgical and emergency care.

Whether you need neurosurgery, angioplasty, have a high risk pregnancy or diabetes, we provide sophisticated care and the latest technology to treat your needs. From major trauma and critical care services to cardiac care and obstetrics, we're here when you need us most.

BOWIE
Bowie Health Center
15001 Health Center Drive
Bowie, MD 20716
301-262-5511

CHEVERLY
Prince George's Hospital Center
3001 Hospital Drive
Cheverly, MD 20785
301-618-2000

Dimensions Surgery Center
14999 Health Center Drive
Bowie, MD 20716
301-809-2000

LANDOVER HILLS
Glenridge Medical Center
7582 Annapolis Road
Landover Hills, MD 20706
301-618-1550

BRENTWOOD
Senior Health Center
Cora B. Woods Senior Center
3601 Taylor Avenue
Brentwood, MD 20722
301-927-4987

LAUREL
Laurel Regional Hospital
7300 Van Dusen Road
Laurel, MD 20707
301-725-4300

 Dimensions Healthcare System

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

- Christopher Reeves



Photo Credit to: Carl Cox Photo

As Survivors, you are all heroes to us.