



Center for
Family Health

CenterPiece

NOVEMBER 2020

COMMUNITY NEWSLETTER

Women's cancer screenings essential

CFH SERVICES

**Women, fight
against cancer.**

GET SCREENED!

One in every eight women in the United States will develop breast cancer sometime in her lifetime.

differentiate between a mass and a benign cyst, extra mammogram views or a needle biopsy. If cancer is found, treatment – including surgery – may be the next step.

Cervical cancer. The PAP smear – a scrape of the cervix – is collected during a routine, annual gynecological exam. The guidelines have changed in the last 10 years. **Today, women should have their first PAP at age 21.**

If the results are normal (no cancer), the test is repeated every three years, ending between age 65 and 70. From age 30 to 65, women can have co-testing PAP and HPV. If the PAP is negative, PAP then is not needed for five years.

Uterine and ovarian cancer. During a pelvic exam, a doctor screens for these cancers. Post-menopausal – or unexplained bleeding anytime – is the most common indicator of uterine cancer. If that occurs, a biopsy is indicated.

Innovations in treatment have raised the bar on survival rates and quality of life during and after treatment. The key is early detection. That is why a yearly mammogram is important.

Women can experience three other cancers, unique to their biological makeup: cervical cancer, ovarian cancer and uterine cancer. Although incidences of these cancers are much lower than breast cancer, they can be more deadly. That is why screenings for all these cancers is essential.

When should women be screened?

Breast cancer. Typically, women have their first mammogram at age 40, repeating every year throughout their lives. A radiologist reviews the mammogram for suspect areas. If any are found, the patient may be sent for an ultrasound, which can

In general, women should have a gynecological exam every year; a PAP smear every three years, starting at age 21; and a mammogram every year, starting at age 40. If a problem is detected, your doctor may increase the frequency of testing or order additional tests. ■



Breast

MAMMOGRAM

Cervical

PAP TEST

Ovarian & Uterine

PELVIC EXAM

Opening the door to
HEALTH CARE for all

The Center for Family Health is an independent, federally qualified health center that never turns patients away because of inability to pay. It provides comprehensive, quality medical care, dental services and behavioral-health assistance to more than 30,000 patients at its main location in Jackson, a dental center, and four school health centers.

News in Brief

3 new providers join Center staff

The Center for Family Health has hired three new providers:

- **Dr. Christina Hope, DO**, who joined Pediatrics in October.
- **Dr. Michael Oneka, DO**, in Family Medicine. He is starting in November.
- **Emily Zellmer, PA**, in the Walk-In Clinic. She also is beginning Center employment in November. ■



Walk-In Clinic still open to all patients

The Walk-In Clinic at the Center for Family Health's Downtown Facility is continuing to see patients.

Anyone can use the Walk-In services. It is designed to serve children and adults who are ill but cannot get in to see their provider. You do not have to be a Center patient to use the Walk-in Clinic.

Situated inside the front door at 505 N. Jackson Street, the Walk-in Clinic is open 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturday and Sunday. ■

MEET EKATERINA RASSKAZOVA-BROWN, SCHEDULING & REFERRAL SUPERVISOR



- Ekaterina Rasskazova-Brown was born in Russia, where she was placed in an orphanage at age 8. That background makes her feel connected to underserved populations that access care at CFH.
- "I grew up in poverty," Ekaterina said. "I feel I know our patients."
- When she was nearly 15, Ekaterina came to the United States with adoptive parents in Pennsylvania. Later she came to Jackson as a student at New Tribes Bible Institute.
- She enrolled at Baker College to pursue a Medical Administrative Assistant Degree and began working for CFH in 2013. Even before graduating. In 2016, she was promoted to supervisor of Scheduling and Referral.
- Ekaterina is proud to help link patients with medical services and social supports that were largely unavailable in the world she knew as a child. "The main goal is to support the patients any way we can," she said. "I love the Center's mission and I support it greatly."

"When you work for an organization that is very mission-driven, you don't ever feel like you're coming to work. You feel you are serving."

Get your flu shot at the Center for Family Health today

No appointment is necessary to get your flu shot at the Center for Family Health.

Shots are available at the Center's Downtown Facility, 505 N. Jackson Street, and the Northwest Community Health Center. You can even receive your flu vaccine curbside at the Downtown Facility.

Health experts agree that getting a flu shot is extremely important this year in the midst of the COVID-19 pandemic.



People who get the flu are more susceptible to getting COVID-19.

Flu shots are recommended for all; children as young as 6 months also should get flu shot. ■

CONTACT YOUR FEDERAL REPRESENTATIVES!

Congress is drafting a Continuing Resolution (CR) to fund the government through mid-December. There were two health-care programs that were set to expire Sept. 30: higher payments to the states for Children's Health Insurance Program costs and Medicare funding for small

practices in rural and underserved areas. The CR could potentially include the Community Health Center Fund, the National Health Service Corps, and the Teaching Health Centers Graduate Medical Education Program as the funding for these programs is set to expire on November 30, 2020.

Please call your U.S. senators and your congressman! We need to remind U.S. Sen. Debbie Stabenow (202-224-4822), U.S. Sen. Gary Peters (202-224-6221) and U.S. Rep. Tim Walberg (202-225-6276) of the important role that health centers play in keeping Americans healthy! ■