



Employee of the Month

Congratulations to

Maya Flemming

Our Employee of the Month for October 2014

Maya Has exhibited great growth in her position. She has proven to be an asset completing task as assigned quickly and accurately. Maya takes pride in the work she does and it is reflected in the outcome of the work.

Notices and Reminders

To **ALL** field employees please remember to get your Flow Sheets signed on a daily basis. **ALL Flow Sheets** must have the **appropriate signatures** from your consumer and you.

Please remember to clock in and out

1877-687-7310

or

1877-NURSE-10

Thank You,

Management Teams

Thanksgiving Food Drive

It's that time of year again!

CAS Home Health Care, Inc. is now Accepting Food Donations. The food will go directly to families in need of a hot meal during the Holiday.

In This Issue

October 2014 Employee of the Month

Breast Cancer Awareness Month

Domestic Violence Awareness Month

AIDS Awareness

Emergency Home Care Program (EHC)

CAS Home Health Care Inc. is now introducing the EHC Program which is a community funded program dedicated to providing temporary Personal Assistance Services to individuals currently undergoing the enrollment process for Home and Community based services.

Further Your Education

Red Cross

PNA Nursing

Star Institute

BREAST CANCER AWARENESS

Types of Breast Cancer

IDC — Invasive Ductal Carcinoma

Invasive ductal carcinoma (IDC), sometimes called infiltrating ductal carcinoma, is the most common type of breast cancer. About 80% of all breast cancers are invasive ductal carcinomas.

IDC Type: Tubular Carcinoma of the Breast

Tubular carcinomas are usually small (about 1 cm or less) and made up of tube-shaped structures called "tubules." These tumors tend to be low-grade, meaning that their cells look somewhat similar to normal, healthy cells and tend to grow slowly.

ILC-Invasive lobular carcinoma

ILC- is the second most common type of breast cancer after invasive ductal carcinoma

Lobular means that the cancer began in the milk-producing lobule.

Inflammatory Breast Cancer

Inflammatory breast cancer usually starts with the reddening and swelling of the breast instead of a lump.

There are many other types of breast cancer. For more information please visit Breastcancer.org

If you have any questions *please* ask your doctor.

TREATMENT OPTIONS

Chemotherapy

Radiation Therapy

Surgery

Hormonal Therapy

All people Male or Female are born with breast cells and tissue.

Men carry a higher mortality rate than women. Awareness among men is less and they are less likely to assume a lump is a concern. Often this leads to a delay in seeking treatment.

Self examinations should be conducted once a month on a regular basis. Become familiar with your body and tell your doctor if any changes have occurred.

Women 40 and over should have mammograms every year.

Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional if mammograms are needed for them.

Diagnostic tests: Diagnostic tests (such as biopsy) are given to people who are suspected of having breast cancer, either because of symptoms they may be experiencing or a screening test result. These tests are used to determine whether or not breast cancer is present and, if so, whether or not it has traveled outside the breast. Diagnostic tests also are used to gather more information about the cancer to guide decisions about treatment.

Monitoring tests: Once breast cancer is diagnosed, many tests are used during and after treatment to monitor how well therapies are working. Monitoring tests also may be used to check for any signs of recurrence

Resources:

breastcancer.org

Nationalbreastcancer.org

WebMd.com

DOMESTIC VIOLENCE AWARENESS MONTH

If you are still in a relationship

- Think of a safe place to go if an argument occurs. Avoid rooms with no exits Example: Bathrooms. Also avoid rooms with weapons. Example: the kitchen.
- Make a list of **SAFE** people to contact. Don't write it down. Memorize your list.
- Memorize important contact numbers
- Keep enough money stashed on you for emergency transportation.
- Establish a code word or sign so that family and friends know when to call 911

If you have left the relationship

- Change your phone number
- Screen All Calls
- Avoid staying alone
- Vary Routine
- Change your locks
- Meet your former partner in public places if you must meet them
- Notify school and work contacts
- Plan a getaway if confronted.
- Save all documents relating to incidents involving the batterer. This includes Photos, Court Documents, Police reports, and messages
- Make sure that your abusive partner does not have access to your email. Especially if you use email to contact friends and family to help you.

Source: www.pcadv.org/

AIDS AWARENESS MONTH

Acquired Immune Deficiency Syndrome

Signs and symptoms

Within two weeks Flu like symptoms, often described as the worst flu ever.

Some people don't have symptoms they look and feel healthy. Often people begin to feel ill when they progress to AIDS.

When someone becomes infected with HIV it damages his or her immune system, it leads to immunodeficiency. The immune system cannot fight off common germs and pathogens. AIDS is diagnosed once the CD4 T-cell count drops below 200.

The CD4 T-cells are white blood cells that are responsible for initiating the body's response to infections, bacteria, fungi and viruses.

How can you get HIV or AIDS?

Sexual Contact

Injection Drug use

Pregnancy/Childbirth and Breast feeding

Occupational Exposure

Blood Transfusion/Organ Transplant (rare)

Testing Frequency

Some recommend being tested once a year. More frequently if you practice drug injection use, or other risky behaviors. Ask your health provider how often you should be tested.

Telling your family and friends

There is no wrong or right way to tell your friends and family. Each family is different. If you find that you are having difficulties discussing your status. Consider a therapist. They are trained in helping people cope with life events both negative and positive.

Sources

Aids.gov

Avert.org

Aidshealth.org