

PARRISH  
MEDICAL  
CENTER

SUMMER 2010

# SPIRIT

of  
Women



## Bras for a Cause

Lifting spirits while raising awareness for mammograms

By Erica K. Daniels

**U**plifting, flattering, forming, supportive—our bras are close to our hearts. It's no wonder this feminine icon can arouse an array of emotions.

Hoping to inspire women to have annual mammograms, the care partners at Parrish Medical Center's Heart & Health Village


launched "Bras for a Cause" during National Breast Cancer Awareness Month in October.

Their canvas was a basic bra. From there, 12 creatively crafted brassieres emerged with amusing titles like "Under the C Cups," "Blooming Boobs" and "Tasty Ta-Tas."

These embellished bras left "Victoria" begging for the secret.

"We really wanted to do this to raise awareness about mammography and do it in a fun environment," says mammographer Aimee Barnes.

### Not Your Mother's Mammogram

One of the most important factors in the battle against breast cancer is early detection. And a critical component to early detection is having a mammogram. Yet, many 

*Inside*

HEALTH INFO YOU CAN UNDERSTAND

YUMMY FRUIT & YOGURT SALAD

FOODS TO LIVE (LONGER) BY

5 HEART-HEALTHY TIPS TO TRY TODAY

continued from page 1

women fear the mammogram, often because of misinformation.

Mammographer Dianne Jennings has been screening women for breast cancer for almost 40 years. "Changes in technology have made the test faster and more comfortable," she says. "The newer machines are spectacular. The patient's wait time is brought way down, and that makes a big difference."

Parrish Medical Center uses highly advanced digital equipment, so this is not your mother's mammogram, Jennings notes.

"It's better than ever," she says, "and it's only going to get better."

### Mission Accomplished

Throughout Breast Cancer Awareness Month last year, word spread that Heart & Health Village was the place to get your mammogram. Women who entered the screening room were enamored by dazzling bras. It was easy to forget the fear and get lost in the wonder.

"The patients loved it," Barnes says. "A lot of them started telling their friends to book their mammograms here just to see the bras. Doctors were telling their patients, too: 'Go have your mammogram and take a look at the bras.'"

Shelly Radford, a registered nurse in the cardiac/pulmonary rehabilitation department, found inspiration for her creation, "Under the C Cups," in her love of the beach. "My daughter and I



Dianne Jennings (left) and Shelly Radford display their creative brassieres, "Blooming Boobs" and "Under the C Cups," which they designed for "Bras for a Cause" during National Breast Cancer Awareness Month in October.

worked on it together. We are big beach fans," Radford says.

"It was fun to do this for a good cause," she continues. "We want to make people aware of how important it is to get a mammogram yearly."

The fight against breast cancer is serious business. But that doesn't mean people have to walk around with stern looks or sullen expressions.

"Healing takes place at several levels, and laughter and smiles are important components of the healing process," says Ryan Hieronymus, Heart & Health Village manager.

## One Call Could Save Your Life

Schedule your mammogram appointment today at Parrish Medical Center, Parrish Heart & Health Village or Parrish Healthcare Center at Port St. John. Call 321-268-6680.



## Quick, Easy Answers to Your Healthcare Questions

Have you ever wondered exactly what will happen when you are admitted to the hospital for a surgical procedure?

Wonder no more. Parrish Medical Center (PMC) offers Emmi Education to help you and your family take the guesswork out of your surgical procedure or chronic condition.

It's simple and easy. Just go to [parrishmed.com/emmi](http://parrishmed.com/emmi) and enter the code provided to you by PMC. Don't have a code? You can self-register and choose a program to view. The information is presented in an easy-to-understand

graphic format narrated by a pleasant female voice that will walk you through each module.

If you're having surgery, Emmi Education will go over the procedure, how you may prepare for it, what will happen during and after the procedure, and possible risks and benefits of the procedure; there may be other information, depending on the Emmi Education module you've chosen to view. Each module also allows you to make notes for yourself or your physician that will be summarized at the end of the presentation for you to print out.

And if you have a chronic condition, such as asthma, chronic obstructive pulmonary disease or diabetes, you can learn more about your condition and how you can best manage it.

You owe it to yourself and your loved ones to learn as much as possible about your upcoming procedure or chronic condition. Go to Emmi Education at [parrishmed.com/emmi](http://parrishmed.com/emmi).





# Fruit and Yogurt Salad

A refreshing blend of tangy yogurt, tossed fruit and tempting baked coconut makes for a healthy treat

## Ingredients

- 1 Tbsp. shredded unsweetened coconut
- 1 c. fat-free plain yogurt, preferably Greek-style
- ½ tsp. vanilla extract
- 2 Tbsp. honey
- 1 medium banana, sliced ½-inch thick
- 1 c. sliced fresh strawberries

## Directions

1. Preheat oven to 325 F. Spread coconut on small baking sheet. Bake 5 to 7 minutes or until lightly browned. Remove from baking sheet and set aside.
2. Stir yogurt, vanilla and honey together in a bowl. Divide banana and strawberries between two bowls. Top each with half the yogurt mixture. Sprinkle each serving with half the coconut.

## Nutritional Information

Makes 2 (1¼ c.) servings. Each has: 220 calories, 2 g total fat, 8 g protein, 45 g carbohydrates, 2.5 mg cholesterol, 104 mg sodium, 3 g dietary fiber.



## Eat Strategically, Live Longer






Looking to add years to your life? You may need to look no further than your pantry.

Making certain foods a part of your daily diet could cut your risk for heart disease by 76 percent, according to a study published in the *British Medical Journal*.

Researchers found that consuming these foods increased life expectancy in women older than 50 by 4.8 years.



## Consume These Foods for Better Health

Wine		150 mL per day
Fish		114 g four times per week
Dark chocolate		100 g per day
Fruits and vegetables		400 g per day
Garlic		2.7 g per day
Almonds		68 g per day

# Take 5 for a Healthier Heart



**1 Kick the habit.** Women smokers are two to six times more likely to suffer a heart attack than nonsmoking women, according to the National Heart, Lung, and Blood Institute. The good news? The risk of chronic heart disease decreases 50 percent after the first year of smoking cessation, and within 15 years the relative risk approaches that of a lifetime nonsmoker.

**2 Exercise regularly.** Inactivity increases the risk of chronic heart disease at a rate comparable to that of high blood cholesterol, high blood pressure and cigarette smoking. At least 30 minutes of aerobic exercise daily will help keep things in check.

**3 Maintain a healthy weight.** People who are overweight are more likely to develop heart disease, even if they have no other risk factors. So determine your healthy weight and take measures to get to it.

**4 Check your cholesterol.** Women older than 45 should have their blood cholesterol checked annually. Women are particularly vulnerable to triglycerides and low HDL (the "good" cholesterol) levels.

**5 Monitor blood pressure.** All women ages 18 and older should have their blood pressure checked annually. To keep your blood pressure at an optimal level, the National Heart, Lung, and Blood Institute suggests following steps one to three listed here, while also limiting alcohol use and reducing salt intake. Also important to note: Birth control pills can elevate blood pressure and cholesterol.

*Classes for Mind, Body, Soul*

**Stress management, music, screenings, support groups and more. Check out [parrishmed.com/calendar](http://parrishmed.com/calendar) for details.**



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