

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



STRONGER TOGETHER

October is Breast Cancer Awareness Month. One in eight women in the United States will be diagnosed with breast cancer in her lifetime. Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. **According to the National Breast Cancer Foundation, Inc. in 2024 an estimated 310,720 new cases of invasive breast cancer were diagnosed in women and 2,800 in men in the United States.**

Most people do not know but men can get breast cancer. People with certain risk factors such as a family history of breast cancer, are more likely than others to develop breast cancer. Having a risk factor does not mean that a person is guaranteed to get breast cancer.

Unfortunately, the exact causes of breast cancer is unknown but there is hope. Getting mammograms regularly can lower one's risk of dying from breast cancer. There are currently over 4 million breast cancer survivors in the United States. A good way to improve survival rates for Breast Cancer includes better screenings and early detection, increased awareness, and continually improving treatment options.

For more information, visit the American Cancer Society website at <https://www.cancer.org/cancer/breast-cancer.html>.

Breast Cancer and Addiction

Addiction can affect every aspect of a person's life. Addiction can be defined as a chronic condition involving the compulsive seeking and taking of a substance despite negative or harmful consequences. **Addiction can happen to anyone.** However, some risk factors include people with a family history of addiction, financial stress, and/or exposure to trauma. Some signs of addiction are a loss of energy or motivation, performing risky behaviors, changing social pattern or withdrawing from friends and family, neglecting appearance, and/or stealing. **Addiction typically starts with early experimental use with a substance or taking certain prescribed medicines, such as opioids, in excess.**

Many do not recognize that addiction can happen with those diagnosed with breast cancer. Breast cancer treatment options are physically and emotionally intense. **Unfortunately, certain medicines that are prescribed during breast cancer treatment to help with the side effects, such as pain, anxiety, or difficulty sleeping, can be highly addictive.** Doctors may prescribe a person with breast cancer opioids (Morphine, Codeine, or Oxycodone), anti-anxiety medicines (Xanax or Valium), and sleep medicines (Ambien and Sonata). **Although these medications aid in treating the side effects, they can also lead to an addiction if taken in excess.** This is why it is vital for those diagnosed with breast cancer to take all medication as prescribed by the doctor.

If you are worried about becoming addicted to certain prescribed breast cancer treatment medicines, you should speak with your medical treatment team to explore alternatives. If you are experiencing addiction while being treated for breast cancer, alert your medical treatment team immediately and be completely honest about your addiction. Support is available.



RICH Peer to Peer Group

The RICH Peer to Peer group is a weekly group facilitated by RICH Recovery Clinic peers with lived experience with Mental Health and/or Substance Use challenges. **The group meets every Wednesday from 12:00 pm - 1:00 pm in room 199C.** The group discusses resources and activities in daily living for anyone in any stage of recovery. The group will discuss various topics including sober living, healthy relationships, peer support, living skills, coping skills, positive self-talk, wellness tools, etc.

**For more information, contact Peggy Page CPRS
(804) 659-1408**

**peggy.page@rbha.org
107 S. 5th Street Richmond**



Don't forget your Flu shot!

Just a reminder that the RICH Recovery Clinic provides a wide range of immunizations for its clients. This includes Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

For more information have your Case Manager send an email to **rich.clinic@rbha.org** today!



OCTOBER CLIENT RESOURCES...

- **VPFW: Free Mammograms**

- VPFW supports breast health for all women. During Breast Cancer Awareness Month (October), we are offering a limited number of free mammograms to women who are uninsured. Free mammogram appointments can be made at the following VPFW locations:
 - St. Francis (13801 St. Francis Boulevard Suite 150, Midlothian)
 - Prince George (2025 Waterside Rd Ste 100, Prince George)
- Call 804-897-2100 today! Spots are limited

- **Women's Health at Bon Secours**

- Every Woman's Life provides clinical breast exams, mammograms and pap tests to women who qualify. Screening services are free if you can answer "yes" to all of the following:
 - Are you between 40-64 years of age?
 - Are you a Virginia resident?
 - Have no insurance, or cannot afford to pay your insurance deductible, or your insurance does not cover screening exams?
 - Does your yearly income falls within defined federal guidelines?
- Every Woman's Life can enroll women between the ages of 18-39 with abnormal Pap tests or breast lumps
- Call 804-359-9355 – Press 1 and ask for Every Woman's Life Program

- **Crafter Regional Job Fair**

- October 4th from 10:00 am - 2:00 pm
- Richard Bland College of William & Mary (11303 Johnson Rd S. Prince George)

- **Job & Resource Fair**

- October 10th from 1:00 pm - 5:00 pm
- Second Baptist Church (3300 Broad Rock Blvd Richmond)

- **Virginia Career Works: Job Club**

- October 24th, November 21st, and December 19th from 1:00 pm - 2:00 pm
- 4914 Radford Ave. Richmond
- Job Club is a networking group that connects you with other job seekers in the community, while also teaching you valuable job search skills

- **VDH Low Income Safety Seat Program**

- Are you in need of a child safety seat or booster and cannot afford to buy one? Apply now, you may be eligible. Seat supplies are limited so don't wait.
- If you meet the following criteria, you may be eligible:
 - Live in Virginia (citizenship not required)
 - Custodial parent, legal guardian, or foster parent
 - Child is seven years old or younger
 - Pregnant mother must be in last trimester of pregnancy
 - Income eligible for WIC, SNAP, Medicaid, TANF, or FAMIS
 - Available to attend a training, to learn how to correctly use and install a safety seat and booster seat
- Call the program at 1-800-732-8333