

# PRESSED

FOR TIME

## Squeezing in a mammogram can be challenging for busy women. Mercy has the perfect solution – walk-in mammograms

Regular mammograms are important. There is no sure way to prevent breast cancer at this time, but early detection continues to save lives. Aside from skin cancer, breast cancer is the most common cancer in U.S. women and the second leading cause of cancer death in women, after lung cancer.

If you need a routine screening mammogram, just walk into Mercy Women's Center, located on the first floor of Mercy Medical Center, between 9 a.m. and 4 p.m. Bone density testing also is available on a walk-in basis during these hours.

All you need is a doctor's order to receive one or both of these screenings. If you have your order in hand and are coming straight from your physician's office, ask the office to call Pre-registration at (319) 398-6515 and all your paperwork will be complete upon arrival. You will be seen within 15 minutes and then you are on your way!

Diagnostic mammograms (needed in the case of a lump or other concerns) are not available on a walk-in basis as they are scheduled when a radiologist is on staff to ensure immediate review of results. To schedule a diagnostic mammogram, please call Centralized Scheduling at (319) 861-7778.

### Recommendations according to the American Cancer Society:

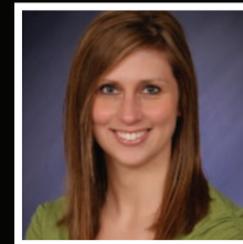
- Yearly mammograms starting at age 40
- Clinical breast exam about every three years for women in their 20s and 30s, and every year for women 40 and over
- Women should know how their breasts normally look and feel, and report any breast change promptly to their healthcare provider. Breast self-exam is an option for women starting in their 20s.



Use your camera-enabled smartphone to read this QR (Quick Response) code and learn more about breast cancer.

## She could be yours

She is intelligent, pretty and a high school varsity athlete. And, she is an alcoholic.



Susan Kilburg, MA  
Sedlacek Counselor

She is a real person, but she goes unnamed as she anonymously battles an addiction that affects young and old, female and male. But, she isn't fighting it alone.

This young woman and many other area youths meet regularly at Mercy's Sedlacek Treatment Center to face their dependence on the most frequently used drug by teenagers – alcohol. Binge drinking and marijuana use also takes a toll on teens.

"Experimentation at this age is natural," says Susan Kilburg, a Licensed Mental Health Counselor and Certified Alcohol and Drug Counselor. "But it is important that adults do not turn a blind eye."

Youths with a history of mental illness or brain disorder, depression, anxiety, learning or cognitive impairments, or ADHD (Attention Deficit Hyperactivity Disorder) are at a higher risk for substance abuse. Exposure to parents' consistent use or abuse of substances also plays a role as children become desensitized.

"Children with learning disorders, who might not do well in school or are not accepted, may use alcohol to serve as a way to fit in or feel normal or like they belong," says Susan.

During an assessment, counselors give teens a questionnaire and then identify risk factors by asking questions about:

- social and peer groups
- potential health complications (such as the beginning stages of esophageal damage from alcohol)
- family dynamics

Based on the assessment, the counselor determines whether teens need treatment. "We're the only intensive outpatient care treatment center for adolescents," notes Susan. The program is not residential, but it is intensive and extensive. It is the only intensive outpatient adolescent treatment program that allows teenagers to continue to attend school and engage in healthy extra-curricular activities.

"Treatment is an involved process that helps equip them with skills to maintain sobriety when they leave here. We help them process feelings and learn how to communicate," Susan explains.

Sedlacek counselors are often asked to speak at high schools, but Susan notes, "a lot of individuals begin experimenting or have exposure to drugs and alcohol in late childhood."

So, what can we do to help our teens? "My suggestion would be for parents to be educated and aware. The stigma involved prevents parents from recognizing danger signs. A lot of times families just have 'surface talk.' Parents are afraid of opening the door and finding out something is wrong. They just don't know what to do with that information once they learn it." Best advice: ask – especially if you are afraid of the answer.