

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment where we feature news and information you can use to live a healthier lifestyle. This is Katie Johnson, and my guest today is Karen Wulfekuhle. She is a social worker at our Cancer Center, and a great advocate for our patients, and particularly for our cancer patients and their families, and she has been busy getting ready for Pink Month. Next week is already October, and it's breast cancer awareness month. Karen, you've been busy planning all kinds of special events, at the Cancer Center, that we'd like to share with our listeners, this morning.

First of all, let's start out with one that's already happening, next week. As we mentioned, next week is already October, come Sunday, and on Wednesday, October 4th, we have a special breast cancer education event that we would like to invite the public to. Tell us what you have planned for that evening?

KarenWulfekuhle: Thanks, Katie. We are excited about this. Breast cancer is a real significant topic for all of us, and certainly, we have experienced that within our community and surrounding areas. Wednesday night, at 5:30, we will have refreshments, and information, wellness opportunities, different things, just for our community to check into. Then at six o'clock, we're going to start our evening with speakers. We have Dr John Tate, and Dr Khagany, joining us for the evening. Dr Tate is going to visit with us about risk assessment, prevention, screenings, and Dr Khagany, one of our radiologists, is going to be highlighting mammography, and actually, Lake Region Healthcare is now offering 3D mammography, which is a new service available to our community and surrounding areas.

So, with that, we're very excited about bringing this information, we'll have, again, great refreshments, and education, information. Also, our radiation oncology department is going to be providing some demonstration, time, and a tour of the radiation center, so to speak. So, I think there's just going to be a lot of different things available to our community, and I would invite you to come. Patients, families, friends, church friends, neighbors, however that works. Just please know that being informed is so valuable. Come and learn more about this, take some time out of your evening. 5:30 to 7:30, it'll go quick.

Katie Johnson: And it will be super informative and enjoyable, with some of the most knowledgeable resources that we have, between Dr Tate and Dr Khagany, talking about breast cancer and about 3D mammography, it's going to be an interesting and engaging evening. Not to mention, what you'll learn about the resources available at the Cancer Center, while you're there, as well. RSVPs requested for this? Or just show up? What kind of an event is this?

KarenWulfekuhle: We always invite people just to come. Sometimes I recognize that the day could unfold a little differently for everyone, and maybe it turns out that you're done with your day and you can join us. So, certainly, we'd love it if you would give us a call, otherwise it's not mandatory. Our space is limited to 50 guests, so with that being said, we know that breast cancer is an important topic, and certainly on the forefront for a lot of women, and men. So, definitely, give us a call if you have a

chance, but not mandatory.

Katie Johnson: And the phone number to call at the Cancer Center, to RSVP?

KarenWulfekuhle: 218-736-8688.

Katie Johnson: Another special event that you have in the works, for later in October, is a partnership with Minnesota Department of Health's Sage Screening Program, to offer a screening day for under-insured and uninsured women. Tell us a little bit more about what is going to happen on that day, and who should be aware of that?

KarenWulfekuhle: This is a wonderful opportunity. I think if you've been able to just think back, you might have been familiarized, or might have heard a little bit about screening events. Maybe some areas who are hosting a screening event for women, breast cancer. That being said, this is the first opportunity that we've had, Minnesota Department of Health was very gracious to say, "Hey, listen, let's come up here and provide this service." So, we're working together with them, and certainly, it can be for women who are overdue for a breast exam, and a screening.

What we don't want, is we don't want the barrier of maybe being under-insured, or not insured, to limit you from making that phone call. The Sage Program is a wonderful program, through the Minnesota Department of Health, that provides that service for income eligible women. So, again, if you are overdue for your screening, we're going to be happy to put you on the schedule and get things coordinated for you.

If you have concerns about whether or not there's coverage, or if you have maybe some limitations within your current program, or current situation, please don't let that be a barrier, because we have wonderful resources available. Here, again, if you have questions, just give us a call.

Katie Johnson: Right, and for that specific day, Sage is making appointments for the screening day. We have a phone number we can share with listeners for that, but like you said, whether you contact Sage, or you contact us, we will make sure that we find all of the ways to help you remove any barriers that there might be, to getting your mammogram.

KarenWulfekuhle: Absolutely. So, this day, is October 25th, which is also a Wednesday. So, we're really dedicating the month of October for some really significant women's health issues, and directly related to breast cancer. So, I would invite anyone to take a look at Lake Region Healthcare's website, some great information available. Stay tuned, and keep track of the papers and various press releases that are going to be unfolding, but here, again, always consider giving us a call, over at the Cancer Center. Again, that number, 218-736-8688. I would be happy to visit with you about what sort of things are unfolding.

Two big days, October 4th, wonderful evening with some education and information, and then again, a few weeks later, a free screening event. Now, that's

going to sound crazy, because people might think, "Free. Free? Are you serious? Free." It's actually really a wonderful opportunity, and a program that we would love to share more information with you about. So, again, October 4th and October 25th.

Katie Johnson: Two great days, both will feature information about the new 3D mammography that is really an advanced tool that we have now, to offer in better detection, earlier detection of breast cancer, and that's really what our efforts are all about. Just getting better about detecting this cancer early, and being very proactive about identifying and preventing it, and catching it early, so it's treatable.

Now, we should mention that you also have snuck one other event into the month of October. Not specifically focused on breast cancer, but that we do want to let our listeners know about, as well, and this one is focused on the topic of multiple myeloma.

KarenWulfekuhle: Absolutely. So, October 12th, here's another date, which is a Thursday evening, and that starts Thursday evening around 5:30. We're going to have some refreshments and education available. Then, we have a wonderful speaker coming from the Dana-Farber Cancer Institute. Dana-Farber is actually out in Boston, Massachusetts, and she is going to be visiting with us about treatment, and about alternatives for multiple myeloma.

For those of you, listeners, that do or have been affected by multiple myeloma, this is going to resonate with you. You're going to be interested in this, because you recognize the volume and the amount of care that this requires, as well.

October 12th, another great evening, takes a couple hours out of your day to come and join us, and I would invite you to do that, just to hear more about the current trends and treatments of multiple myeloma.

Katie Johnson: And from an expert, at a really highly regarded, Dana-Farber Institute, in Boston. We also should mention that if you are a clinical person, or a caregiver, that needs some CEUs, those will be available for this event, and we invite you to approach it from that perspective, as well.

KarenWulfekuhle: Absolutely. Again, any time that you have an opportunity to learn more, whether you're working within the clinical realm, or if you're a patient, or a family member, whatever the case may be, this is going to speak to both of those populations. So, again, CEUs are available for this, because we do have some specific education that's unfolding, and so this will be real nice. Close, available, and again, any of our community members, or those in the outlying areas, too, please join us.

Katie Johnson: So, the dates to remember, next Wednesday, October 4th, a special smart, healthy and beautiful breast cancer education event, at the Cancer Center, starting at 5:30. On October 12th, the next Thursday, the multiple myeloma speaker from the Dana-Farber Institute's coming to the Cancer Center for that special event. And, October 25th, the Minnesota Department of Health's Sage screening, free breast cancer

screening day. For details on any of those, visit our website lrhc.org, or like Karen said, give a call to the Cancer Center, at 218-736-8688.

Thanks for all your work in making October, breast cancer awareness month, a really prominent month in our community, to highlight the special circumstances, and the special information that we all need to know about breast cancer, and for the work you do every day, Karen. We appreciate it.

KarenWulfekuhle: Thank you, so much. We look forward to seeing you.

Katie Johnson: Karen Wulfekuhle and Katie Johnson on Apple A Day, today, reminding you that there is so much to do here. Stay healthy for it. Have a great day.

How did we do?



If you rate this transcript 3 or below, this agent will not work on your future orders