

OCT
2019

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine

Upcoming Events

Winter Wellness Webinar

[Register today!](#)

When: Oct. 16 from 2 to 2:30 p.m.

Description: This winter, set yourself up with a strong immune system. Learn what to eat and drink to strengthen your resistance to some illnesses.

Password: wellness (no caps)

Health Fairs

TMB Health Fair: Oct. 17 from 7:30 a.m. to 2 p.m. in Room 708

TPD Health Fair: Oct. 24 from noon to 4 p.m. at Fleet Services

TPU Health Fair: Oct. 31 from 7 a.m. to 2 p.m. in TPU Employee Wellness Center (ABS Ground Floor)

2021 Incentive Period is Underway



Oct. 1, 2019 through Sept. 30, 2020.

Your goal is to earn 1,000 points and there are several ways for you to do so!

[General Pop/Local 26 Requirements](#)

[Local 6 Requirements](#)

The only change to the requirements this year is that you **MUST** take your **Compass Health Assessment FIRST** in order to earn points. You can still earn points prior to taking the assessment, but they will only show up as "Pending" and in orange.



Breast Cancer Awareness Month

A Breast Cancer Survivor Story

**Hollie Coates-Seamster, Customer Service Supervisor II,
CS Customer Solutions, TPU**

On April 1, 2015, at the age of 45, I went into the Carol Milgard Breast Center for a routine mammogram. Little did I know that, on this day, doing one of the things that we as women fear the most would turn out to save my life. I was back at the Breast Center on April 23 where I first heard those awful words, "You have breast cancer." I am here to urge you not to let fear stop you from having a mammogram. I am living proof that early detection saves lives. My treatment plan consisted of a lumpectomy, four rounds of chemotherapy and 36 radiation treatments. By Christmas 2015, I was done with treatment. My scars have healed. My hair has grown back thick and curly. I've completed my post-cancer medication, Tamoxifen, and I will be off of my final cancer drug by next year. I try not to think about what would have happened to me if I had I skipped that mammogram. Instead, I think of what I've been able to experience because I didn't. I've swam with a dolphin, I'm helping to raise my beautiful granddaughter and support my daughter through nursing school. I watched the Sounders win their first MLS cup in Toronto, and I've met breast cancer survivor, Melissa Etheridge. I've been privileged to support others through their own cancer journeys by offering my knowledge, fears and resources. My mantra during my cancer journey (and my tattoo) is inspired from the Foo Fighter's song, Walk, "You keep alive a moment at a time." A mammogram is just that, a moment in time, and I'm alive because of it.

- Survivor, Hollie Coates-Seamster



Breast Cancer Awareness

Risk Factors You Cannot Change

Getting older. The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.

Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer.

Reproductive history. Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.

Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.

Family history of breast cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

Risk Factors You Can Change

Not being physically active. Women who are not physically active have a higher risk of getting breast cancer.

Being overweight or obese after menopause. Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

Taking hormones. Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives (birth control pills) also have been found to raise breast cancer risk.

Reproductive history. Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.

Drinking alcohol. Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and changes in other hormones due to night shift working also may increase breast cancer risk.

Source: Centers for Disease Control and Prevention

City of Tacoma Mammogram Opportunity

Did you know the City's medical plans cover annual screening mammograms in full with no out-of-pocket expenses for employees when you visit an in-network provider? The Wellness Program is partnering with the Carol Milgard Breast Center to offer annual screening mammograms for City employees 40 years of age or older on a Regence medical plan, from **11 a.m. to 1 p.m. on Oct. 31st.**

Bonus: Carol Milgard Breast Center offers a special gift to each patient seen in October and has partnered with Papa Murphy's and Jersey Mike's in honor of Breast Cancer Awareness Month. So, any patient that visits their facility during the month of October will receive a free gift, a coupon for a free pizza and a coupon for a \$5 sub!

How to Schedule: If you are interested in this convenient opportunity to get your annual mammogram screening done, you would need to schedule it through Carol Milgard Breast Center by calling (253) 301-6615*.

Important Information: You must bring your medical insurance card in order to receive a mammogram and you will need to travel to Carol Milgard Breast Center (4525 S. 19th St., Tacoma, WA 98405) to get your screening. Employees on a Kaiser Permanente plan must visit a KPWA office.

**Please obtain supervisor approval prior to scheduling your appointment if it is during your work hours.*