

Banner Lassen plans events around Pink October

SUSANVILLE, Calif. — National Breast Cancer Awareness Month brings about several activities at Banner Lassen Medical Center allowing employees to celebrate and honor women while shedding light on the importance of breast health.

Banner Lassen Medical Center is one of the only hospitals in northeastern California to offer 3D tomosynthesis mammography. Digital breast tomosynthesis is a new technology that finds smaller cancers and up to 60 percent more invasive cancers than conventional digital mammography. It also reduces the number of instances that women are asked to come back for a follow-up mammogram by up to 40 percent.

Patients who have a mammogram at Banner Lassen during the month will receive a free goodie bag. To schedule a mammogram, please call (530) 252-2065.

Those patients also can take part in “Walk the Runway” with a chance to win a larger gift basket on Tuesdays Oct. 4, 11 and 18 from 8:30 a.m. to 4 p.m. The hospital staff will serve refreshments. Women can show off their “Pink Flair” and recognize those who motivate them to get a mammogram. Blue Shutter Photography from Susanville will do a photo shoot with participants in the Lassen-Shasta Room at the hospital during these times. At the end of the month, Banner Lassen leaders will judge contestants to find the best “Pink Flair”.

Patients who give consent will have their photos posted on the wall of fame at the hospital to share with other visitors. They also will receive a free copy of the photo.

Also in October the hospital will host a second “Dinner with a Doc” evening. On Oct. 5 from 5 pm. to 7 p.m. in Banner Lassen Pioneer Room, William Park, MD, will speak to guests about breast health and breast surgery. Dr. Parks is a general surgeon with Banner Health Clinic in Susanville. The lasagna dinner is free to attend. Seating is limited and reservations must be made before Oct. 3 by calling (530) 252-2178.

The American Cancer Society recommends that women lead a healthy lifestyle by eating a nutritious diet and getting regular exercise and limiting alcohol intake. In addition, women should have regular breast cancer screenings to find cancers early. The screening guidelines vary depending on a woman’s age and family history. Women with no personal risk or family history of breast cancer would be considered at average risk. The American Cancer Society suggests that women ages 40 to 44 be given the choice to begin annual screening with mammograms. Annual mammograms should begin for women age 45 to 54, and women 55 and older should have a mammogram at least every two years.

Banner Lassen Medical Center in Susanville, Calif., originally opened in 1883 as Lassen County Hospital. It is a part of Banner Health, a nonprofit healthcare system with 29 hospitals in seven states. Banner Lassen offers a range of services to aid in prevention, diagnosis and treatment of illness. For more information, visit www.BannerHealth.com/Lassen.

<http://bannerhealth.mediaroom.com/2016-09-29-Banner-Lassen-plans-events-around-Pink-October>