



# National BREAST CANCER AWARENESS Month

October 2021

The Daily Tribune News



## Cancer care for the whole person

CONTRIBUTED BY HARBIN CLINIC

This October, Harbin Clinic shares an inside look at complete cancer care. A cancer diagnosis can be one of the most difficult journeys a patient may ever face. But it is not a journey they will face alone. Starting with a diagnosis, Harbin doctors work with patients and each other for the most effective, comprehensive care possible.

The Harbin Clinic Cancer Center is comprised of medical and radiation oncologists who work alongside general surgeons, radiologists, cardiologists and numerous other specialists to provide expert cancer care. By performing high-quality routine screenings, advanced diagnostics, and procedures by board-certified surgeons, the team at the Harbin Clinic Cancer Center works collaboratively to deliver complete cancer care for Northwest Georgia cancer patients.

SEE HARBIN, PAGE 4B

## Annual wellness exams and screenings are more important than ever

CONTRIBUTED BY FLOYD MEDICAL CENTER

If you have put off your annual mammogram and other preventive screenings, now is the perfect time to schedule a visit.

“Missing not only mammograms but also services for colon and lung cancer screening will result in more individuals being diagnosed at an advanced stage of cancer,” said Lyndsay Claroni, D.O., a Floyd Primary Care physician in Taylorsville.

“Continue to see your medical provider for wellness visits and cancer screenings. We want to keep you safe and healthy both today and tomorrow!” Dr. Claroni added. “Procrastinating on getting the screenings you need can cause trouble later.”

SEE FLOYD, PAGE 7B

## The importance of a mammogram

BY KRISTI POLING

Mammography Tech, Piedmont Cartersville

October is Breast Cancer Awareness month. The American College of Radiology recommends annual screening mammography beginning at age 40 for women of average risk. Higher risk women should begin earlier and may benefit from other supplemental screening modalities, such as breast MRI.

As a mammographer, a common misconception we see is that women will delay having a mammogram because they do not have a family history of breast cancer. In reality, only 5-10% of all breast cancer is hereditary. The most common risks are being female and getting older. Having dense breast tissue also raises the risk of breast cancer.

SEE MAMMOGRAM, PAGE 4B

## Ways The Hope Center treats breast cancer patients

BY JILL W. GARRETT

Director, Radiation Oncology,  
The Hope Center at Piedmont Cartersville

October is Breast Cancer Awareness Month. Everyone from athletes to housewives are adorned in various shades of pink, walking for the cause, celebrating with survivors and spreading awareness.

Breast cancer affects millions of people around the world. Every year, more than 250,000 women and more than 2,000 men are diagnosed with breast cancer in the United States. Breast cancer is the most commonly diagnosed cancer among Georgia females with a woman having a one in 119 chance of getting breast cancer each year (Georgia Dept. Of Health).

While a diagnosis may be scary, there are multiple types of treatment options that may be available depending on your specific circumstances.

SEE HOPE, PAGE 7B

# CLES honors breast cancer survivor at Pink Out

By DONNA HARRIS  
donna.harris@daily-tribune.com

Elaine Hufstetler was reasonably sure everything was fine while awaiting biopsy results, but she received some news she wasn't expecting.

On May 11, 2020 — two days after her 39th birthday — the school nutrition worker at Cloverleaf Elementary had her world turned upside-down when she was diagnosed with infiltrating lobular carcinoma, the second-most common type of breast cancer.

"When I went to get the results of the biopsy, I was 97% sure it was nothing," she said. "I was in shock when I heard the results."

But Hufstetler, whose mother had breast cancer in 2018, managed to keep a positive outlook through her ordeal.

"I did think 'why me?' but I knew I wasn't done yet," she said.

Shortly after being diagnosed, Hufstetler underwent a lumpectomy and had two lymph nodes removed, and

on July 7, 2020, she began chemotherapy and radiation treatments, which caused her to lose her hair.

During her battle, the Cartersville resident said she had a ton of support from her family — husband, Charlie; sons, Tristan and Gavin; and daughter, Haley.

"They were very supportive with everything," she said. "Tristan called to check on me after the treatments. Haley and Gavin would stay home to make sure I was OK after my treatments."

Her school, where she's worked for 13 years, also let her know that she wasn't fighting this fight alone.

"They done a Pink Out last year, and each grade level done something for me," she said. "They are like family."

With October being Breast Cancer Awareness Month, the staff and students at CLES "wanted to bring awareness to this disease and honor Mrs. Elaine in the process," Assistant Principal Paige Bennett said.

SEE HUFSTETLER, PAGE 7B



RANDY PARKER/THE DAILY TRIBUNE NEWS

Elaine Hufstetler, a school nutritionist who works at Cloverleaf Elementary School, battled breast cancer last year.

PIEDMONT/SPECIAL  
Pictured are Kristi, Meta and Beverly of the Piedmont Cartersville Breast Imaging Center.



## Mammogram

From Page 3B

Annual screening mammography can detect a cancer early before a lump has even formed. Early diagnosis in breast cancer allows for optimal treatment and a higher chance for a successful outcome.

Piedmont Cartersville Medical Center offers both 2D and 3D screening and

diagnostic mammography as well as diagnostic breast ultrasound. Our team of mammographers at the Breast Imaging Center has many years of experience and provides personal one on one care to each and every patient. Our technologists are understanding and sensitive to concerns of having a mammogram and strive to make each patient feel comfortable and at ease during their exam.

To make an appointment for a screening mammogram, please call our scheduling department at 855-828-5136.

## Harbin

From Page 3B

Radiation Oncologist Dr. Matthew Mumber shares an essential aspect of cancer care that focuses on the emotional and mental health of patients.

"A cancer diagnosis often

puts people into a fight or flight," Dr. Matthew Mumber, a radiation oncologist, explained, "Health problems bring up unresolved emotional issues." He went on to describe how discussions about loss or trauma often resurface as he meets with people to craft their personalized treatment plan.

Dr. Mumber welcomes these conversations and has an interest in integrative oncology, where complementary therapies are encouraged with medical treatment. He wants to know the whole person behind the diagnosis so that he can give the best, most effective care possible. Recalling the "straw that

broke the camel's back" analogy, he expressed a desire to help remove the small stressors or "other straws" weighing patients down.

One way to begin "removing small straws" is to build trust. Dr. Mumber sees his relationship with patients as part of treatment, not separate from it. He begins

by opening up about himself and being vulnerable with patients on a human level, not just an intellectual one. Relationships with the medical professionals, he argued, should add rest and confidence to the journey rather than anxiety or fear. Being "human" and bringing comfort to patients through connection adds therapeutic value that is often overlooked.

But Dr. Mumber also pointed out ways patients can "remove their own small straws" and play a role in the healing process. "Patients can also add value and relieve stress in their healing," explained Dr. Mumber. He shares with patients a set of tools for dealing with anxiety, sleep health, etc., when safe and effective. Some examples he listed included: gratitude journaling, embracing an appropriate form of exercise, spending time outside, helping patients pay attention to their breathing patterns. Simple, daily practices like these can help patients find joy and therapeutic value in themselves.

But getting to know a patient and all that they are facing is not the only way Harbin Clinic works towards comprehensive care. In fact, during this season of Breast Cancer Awareness, remember that at Harbin Clinic Cartersville, patients have the option to get a 3D mammogram. 3D mammograms offer the clearest mammogram images possible, which is essential to the



Mumber

early detection and prevention of breast cancer.

Traditional mammograms are generally painless, but Harbin Clinic's state-of-the-art equipment is designed to enhance the patient's experience and reduce discomfort. The machine utilizes unique paddles that contour the breast for more uniform compression.

With 3D mammograms, Harbin Clinic General Surgeon Dr. Gregory McDonald noted, "We have access to excellent imaging in our community. These 3D mammograms allow us to detect the disease earlier and work alongside our fellow physicians and specialties within Harbin Clinic to develop a unique treatment plan and path towards recovery. And we encourage every woman to get an annual mammogram."

From individually crafted, integrative treatment plans to advanced equipment, Harbin Clinic is helping cancer patients live life to the full. Even with the difficult circumstances of COVID, Harbin Clinic is for you and with you in your most difficult seasons.

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# Early detection could save my life.



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Piedmont Cartersville, please call  
**855.828.5136.**

**The Breast Imaging Center at Piedmont Cartersville**  
100 Market Place Blvd., Suite 107  
(Inside The Hope Center)  
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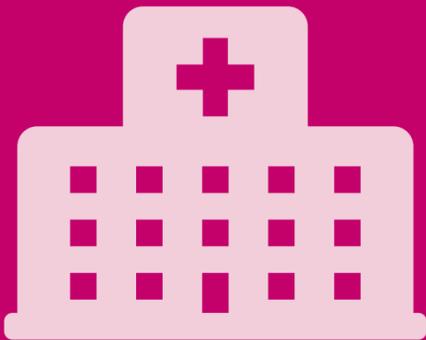
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RANDY PARKER/THE DAILY TRIBUNE NEWS

Elaine Hufstetler, a school nutritionist who works at Cloverleaf Elementary School, battled breast cancer last year.

## Hufstetler

From Page 4B

“Because Mrs. Elaine is one of us and was diagnosed during her time working at CLES, we wanted to recognize her and bring awareness to breast cancer,” she said. “Mrs. Elaine is dedicated and hard-working. She loves her job, her colleagues she works with and the students. We all love Mrs. Elaine here at CLES.”

Bennett said even though Hufstetler was battling cancer, she “worked all summer” after her diagnosis.

“Mrs. Elaine had aggressive treatments in a short amount of time,” she said. “She battled each day with bravery and faith. She only took days off work on her treatment days.

“When the students returned to school in August, they had questions about Mrs. Elaine’s hair loss and energy. Our staff at Cloverleaf was supportive of Mrs. Elaine during her treatments and healing time.”

On Jan. 20, Hufstetler found out she’d won the battle, as she was declared cancer-free.

“I was so happy to hear it,” she said.

When the school year started in August, Hufstetler began working in the after-school program in addition to her job in the cafeteria.

“I was supposed to do it last year, but I had to focus on me,” she said.

To celebrate her 10 months of reclaimed good health, CLES again honored Hufstetler with a Pink Out on Oct. 15.

Students and staff wore pink; a staff member made a morning announcement about her over the intercom; and some classes created cards and signs and had their picture taken with her.

“I am honored that they were doing this for me,” she said.

“Words can’t describe how I feel.”

Now 40 and “never felt better,” Hufstetler said she’s learned a lot from this ordeal.

“Don’t take anything for granted,” she said. “You have to stay positive. If you don’t, it will eat at you. I knew I was going to be OK. It made me more humble. You take it day by day.”

She also advises women who find a lump to get it checked out right away by a doctor.

“You would rather be safe than sorry,” she said.

Though she had to undergo surgery, chemo, radiation and hair loss, Hufstetler said she feels like her cancer journey “could have been a lot worse than what it was.”

“I know others was a lot worse than mine,” she said. “I’m so thankful and lucky. I had a lady wait at the door of a store, and she asked if she could pray with me — I had lost my hair. A stranger took the time to pray with me. It meant a lot for her to do that.”

## Floyd

From Page 3B

The age when an adult should start cancer screening varies. However, everyone 40 and older should visit their primary care doctor at least annually to discuss their personal health history, their family health and cancer history, and any signs or symptoms of cancer that they may be experiencing.

Screening older adults for colon and adult smokers for lung cancer can result in an earlier diagnosis and better outcomes. For older men, prostate cancer screening is important. For women, screening for breast and cervical cancer is critical to an early diagnosis and optimal treatment.

Annually, most older adults should be screened for several health conditions such as osteoporosis (low bone mineral density), diabetes, high blood pressure, and elevated levels of cholesterol. Floyd’s Primary Care network has more than 75 providers who provide annual wellness and screening exams to patients throughout a seven county region in northwest Georgia and northeast Alabama.



SPECIAL  
Lyndsay Claroni, D.O., is a Floyd Medical Center primary care physician in Taylorsville.

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PIEDMONT/SPECIAL

The Cartersville High School athletics program donated to The Hope Center Foundation.

## Hope

From Page 3B

One method of treating breast cancer is with radiation therapy. The Hope Center at Piedmont Cartersville Medical Center can provide this treatment option for patients during their journey. Radiation uses high energy X-rays to kill cancer cells while minimizing damage to healthy cells, delivered in one to six weeks by a radiation oncologist and radiation therapists.

We proudly offer some options to provide the best treatment for you. One way to protect your heart while you are receiving radiation therapy is to hold your breath via DIBH (Deep Inspiration Breath Hold). The radiation is then delivered to your breast while you are holding your breath deeply for 20 seconds. This provides protection for your heart. We also offer the unique approach of prone breast radiation therapy. This treatment helps to keep radiation exposure to surrounding organs such as your lung and heart to a minimum. This lowers the risk of complications later, once treatment is complete. For this treatment you lay on your stomach.

An integral part of our multi-disciplinary team at The Hope Center is a dietician, who assists with any nutritional needs that may arise during your treatment. We also have a breast nurse navigator on staff to help ensure you don’t forget any of your important appointments and we have a financial counselor to help explain the financial portion of your treatments. The team at The Hope Center will treat you like family and help you get through this part of your journey.

If you have questions about radiation therapy or The Hope Center at Piedmont Cartersville, please feel free to call 470-490-2900.

### Standing Together in the Fight Against Breast Cancer

Statistics indicate there will be an estimated 266,120 new cases of breast cancer diagnosed in American women this year, and breast cancer is the second leading cause of cancer death in women. Thanks to early detection and treatment advances, survival rates have improved dramatically, but much room for progress remains. As diagnosis and treatment options continue to evolve, medical experts agree that early detection is a key factor in overcoming the disease, and performing a monthly breast self-exam is often vital to detecting abnormalities, including lumps or tenderness, in the breasts that may indicate illness. Take steps to protect yourself against breast cancer during **Breast Cancer Awareness Month** by initiating healthy lifestyle changes, beginning monthly breast self-exams, and talking to your doctor about the appropriate clinical breast exam and screening mammogram schedule for you.



**October is Breast Cancer Awareness Month. Join us in raising awareness of the importance of early detection in the fight against breast cancer and the importance of continued support for breast cancer research.**

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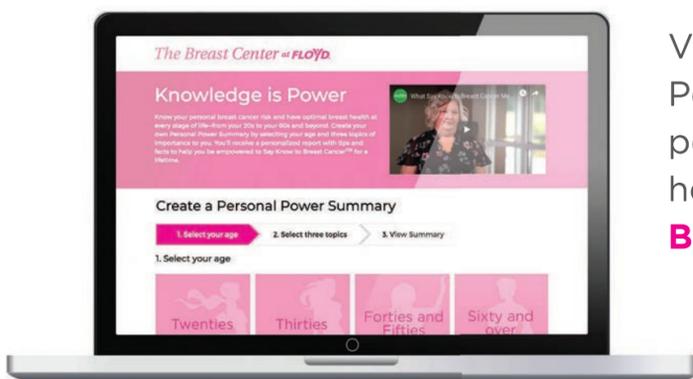
# Say Know to Breast Cancer®



Breast cancer knows no boundaries. It strikes women of all backgrounds, races, ethnicities, social classes and ages. And in rare cases it even affects men. Although it is much less common for a young woman to be diagnosed compared to a more mature woman, breast cancers in younger women are generally more aggressive, are diagnosed at a later stage and result in lower survival rates.

This is why **knowledge is power!**

You can know your personal breast cancer risk and have optimal breast health at every stage of life—from your 20s to your 60s and beyond.



Visit our website to create your own Personal Power Summary. You'll receive a personalized report with tips and facts to help you be empowered to **Say Know to Breast Cancer™** for a lifetime.

[sayknow.floyd.org](https://sayknow.floyd.org)



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