



Making Communities Healthier®

TriosHealth.org

TRIOS HEALTH NEWS + FALL/WINTER 2021



Get Your Mammo: It's an hour that could save your life

By Lorena Mayuga, MD, Family Medicine Physician

According to the American Cancer Society (ACS), breast cancer is the most common cancer in women in the U.S., behind only skin cancers. In fact, the ACS puts the average risk as a one-in-eight chance that a woman will develop breast cancer in her lifetime. And according to the World Health Organization, breast cancer is now the most common cancer globally, claiming 12 percent of new cancer cases. Breast cancer is also the second leading cause of cancer death in women, superseded only by lung cancer.

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Ask a Doc

Maria Vitug, MD,
is an internal
medicine physician.



QUESTION: *How do I know if I have diabetes?*

ANSWER: Diabetes symptoms can include frequent urination, abnormal hunger/thirst, blurry vision, unexpected weight loss, fatigue, very dry skin, numb or tingling hands or feet, slow-healing sores and more infections than usual. When symptoms appear can depend on the type of diabetes – type 1 symptoms can develop quickly and be severe, while type 2 symptoms tend to develop over time and you may not even notice them. Gestational diabetes can occur in the middle of pregnancy without noticeable symptoms. Fortunately, a simple blood sugar test can determine whether or not you have diabetes. Talk to your provider about your risks and any symptoms to help determine if a test is right for you.

If you need a provider, call **509.794.2117** or visit **TriosHealth.org** and click on Find a Provider to make an appointment. ■



A note from the CEO

Nearly two years into a historic and global pandemic, it is fair to say that there isn't one person in our community who hasn't been impacted in some way by COVID-19. From the disruption of our usual way of life to varying degrees of illness and the tragic deaths of loved ones and neighbors, none of us has been unaffected. But there is a way out. COVID-19 vaccines are our best defense against this vicious disease and the best path to the other side of this pandemic. If you have not yet been vaccinated against COVID-19, now is the time. The more members of our community who are vaccinated, the faster we can slow the spread of the virus and help prevent another challenging surge. Vaccination makes it much less likely that individuals will need hospitalization due to COVID-19, which allows us to ensure that we can meet the other critical care needs of our neighbors. Making Communities Healthier involves all of us joining together to protect each other's health and our community's well-being and future. Please get vaccinated for your health. For your neighbor's health. For our community's health.

To find where to get your vaccine, go to vaccinelocator.doh.wa.gov

John Solheim, MHA, FACHE

So, that's some not-so-good news. How about some good news? Those death rates have been steadily dropping. Statistics show that the overall death rate from breast cancer decreased by one percent each year from 2013 to 2018. Now, the question is "why?" Well, the decreases have been associated with several factors, including better treatments and earlier detection through screenings.

Here's some more good news. You can get screened by scheduling a simple, routine mammogram. A mammogram takes only about one hour, once a year, but its benefits can last much longer. Mammograms help detect breast cancer earlier than waiting for symptoms to appear. That's an incredibly important weapon in the fight against breast cancer because that early detection can result in an easier and more effective treatment if cancer is discovered.

While there are certain risk factors for breast cancer – including lifestyle-related risks, as well as some risk factors you cannot change, like your family medical history – some breast cancer patients have no risk factors or even any symptoms. And 85 percent of breast cancer cases are in women with no family history of the disease. That's why early detection is so vital to finding and treating breast cancer.

If you are a woman 40 and older, you should be including an annual mammogram in your yearly health journey. If you are at higher risk, you may need to begin annual screenings sooner. Some of those risk factors include genetic mutations, having dense breasts, certain reproductive histories, being overweight after menopause, a family history of breast and ovarian cancer, a personal history of radiation therapy or hormone replacement therapy, a history with the drug diethylstilbestrol (DES) and a lack of physical activity.

As with other health issues, it's important to have a discussion with your trusted provider about your lifestyle and risks and to determine the right time for you to begin annual breast cancer screening.

October is Breast Cancer Awareness Month, so if you haven't already scheduled your mammogram for the year, now is a great time to get it on your calendar and get the peace of mind that comes from taking charge of your health. It's one hour a year that could save your life. ■

*If you would like to schedule a mammogram or talk with a provider about your breast health, call **509.221.5441** or visit **TriosHealth.org** and click on Find a Provider.*

For more information on breast cancer and mammograms, visit breastcancer.org and cdc.gov/cancer/breast



Mission Moment

TRIOS HEALTH #HEALTHCAREHEROES

Our community stands strong behind us as we continue to fight the COVID-19 pandemic. Our healthcare heroes have remained strong, resilient, and positive as we have cared for the community during this unprecedented time and continue to live our mission of Making Communities Healthier. We are thankful for the community's support and the expressions of gratitude shown to us. Just as you stand behind us, we will always be here for you and work every day to meet your healthcare needs! ■

Getting the Most Out of Your Health Insurance

Taking care of your health may be more pocketbook-friendly than you think. Many health insurance plans offer regular checkups and age-specific preventive health screenings at little or no cost to you. And if you've met your deductible for 2021, your out-of-pocket costs for procedures could be minimal or zero. With the second half of the year in full swing, now is a great time to book that checkup, schedule that screening or plan for that procedure before your deductible resets in January. Call **509.794.2117** or visit **TriosHealth.org** today and click on Find a Provider to make an appointment. ■

November is Lung Cancer Awareness Month



A lung scan can be a
lifesaver

How a Lung Scan Could Be a Lifesaver

Are you a smoker or former smoker age 55-77? If so, you may qualify or be eligible for a lung cancer screening exam. This simple screening can let you know your lungs are healthy or detect cancer early, when treatment is most effective. Don't make your health wait. Give it the care and attention it needs and give yourself the peace of mind that can come from taking charge of your health. Ask your provider about a lung cancer screening exam and if it's right for you.

Need a provider? Call **509.794.2117** or visit **TriosHealth.org** and click on Find a Provider to get connected with a healthcare professional. ■

Are You On Medicare? Ask Your Provider about Free Annual Wellness Visits

The Annual Wellness Visit is a Medicare benefit that focuses on overall wellness and prevention. This yearly visit provides you the chance to talk with your healthcare team about your medical history, risk for certain diseases, your current health and your plan for staying well. Rather than the hands-on, practical annual physical you may be used to, think of this benefit as a discussion about your health with your provider. You can even ask your provider about adding it on to a visit you may already have scheduled for another reason. If you need a provider, call **509.794.2117** or visit **TriosHealth.org** and click on Find a Provider to get connected with care today. ■



A UW Medicine Community Health Partner

3810 Plaza Way

Kennewick, WA 99338

Italian Meatloaf

This twist on a classic uses ground turkey and oatmeal and can make for an easy weeknight supper.

Non-stick cooking spray	1 tsp dried oregano
1 cup ketchup	¼ tsp black pepper
¼ cup balsamic vinegar	¼ cup Parmesan cheese (grated, optional)
1 ¼ lbs lean ground turkey (7% fat)	¼ cup egg substitute
½ medium onion (finely diced)	½ cup oatmeal
2 cloves garlic (minced)	

1. Preheat oven to 400 degrees.
2. Coat a large loaf pan generously with cooking spray. In a small bowl, whisk together ketchup and balsamic vinegar.
3. In a medium bowl, combine all ingredients and ½ cup of ketchup balsamic mixture. Reserve ½ cup ketchup balsamic mixture. Mix well.
4. Spread mixture evenly into loaf pan. Top with remaining ½ cup ketchup balsamic mixture. Bake for 60 minutes or until no longer pink.

*Recipe from the American Diabetes Association.
Find more healthy recipes at diabetesfoodhub.org



Meet Madiha Haque, MD

Internal Medicine Physician
Madiha Haque, MD, joined
Trios in August 2020 and is

from Pakistan. She earned her Bachelor of Medicine and Surgery at Fatima Jinnah Medical University, completed an internship at Shifa International Hospital and an externship at the University of Chicago, and was a resident at Saint Francis Hospital in Evanston, Ill.

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DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.