

answers  
help and support.  
For health, life and happiness.



Her Health  
from  
bellinhealth PARTNERS

2008 SPRING NEWSLETTER (VOLUME 2)



*Her life:*  
At risk for breast cancer.

*Her challenge:*  
To minimize that risk and lead  
a long, healthy life.

*Her next step:*  
Attend a free seminar and begin  
learning what to do and how to do it.

*Her team:*  
The Cancer Team at Bellin Health.

*Free presentation:*  
Attend -  
*Breast Cancer Treatment in 5 Days:  
Ready for Prime Time?*

**Speaker:** Dr. Edie Krueger,  
Radiation Oncologist  
Bellin Health Cancer Team  
**Date:** Thursday, April 24  
**Time:** 12 - 1:30 pm

**Location:** SC Grand,  
1250 Mid-Valley Dr., De Pere  
(Located off Hwy. 41 S.)

We'll even provide a **FREE** lunch  
and cooking demonstration.

*To register:*  
Her Health Hotline  
with 24/7 Nurse On Call  
920-433-7494  
or toll free 877-989-0994

## Breast Cancer Treatment in 5 Days: Are You Ready for Prime Time?

Everyone either has a personal story or knows someone that has been diagnosed with breast cancer. It affects women of all ages and races. It can be a mother, sister, grandmother, daughter, wife, or a best friend.

Nationally, there is a 1 in 8 chance that a woman will be diagnosed with breast cancer in her lifetime. According to the Tumor Registry, it is estimated that there are 3,340 newly diagnosed breast cancers a year in Wisconsin. Of those, there are 770 deaths per year related to breast cancer.

The good thing to know is that with routine mammograms, breast self exams, and routine physicals with your physician, survival rates are increasing. With the early detection of smaller tumors in the breast, the 5-year survival rate for women is 98%.

There are many choices for a woman who is told that she has breast cancer. It can be removal of the breast or a mastectomy. It could be the removal of just the tumor itself, which is referred to as a lumpectomy. When

you combine these surgical procedures along with Chemotherapy and Radiation Therapy, the chances for survival continue to increase.

There is now another new technique for women to consider. It is called Partial Breast Irradiation or PBI for short. This new technique can administer radiation to just the area in which the original tumor was discovered. This means fewer side effects like fatigue and redness of the skin. It also means less inconvenience in having to travel to the cancer center for 25 treatments or more; Partial Breast Irradiation can be delivered in just 5 days.

This new technology is offered at The Cancer Team at Bellin Health, the newest, state-of-the art cancer center in Green Bay.

Learn about this new technology first hand from Dr. Editha Krueger, Radiation Oncologist, who specializes in breast cancer and Partial Breast Irradiation at the Her Health Luncheon on April 24. Call (920) 433-7494 or toll free 877-989-0994.

# Her Health

## CALENDAR OF EVENTS

### **Comprehensive Vascular Assessment**

Do your legs or feet hurt when you walk? Or even at rest? Do you have diabetes, high blood pressure, or are a smoker? You may be at risk for a serious health condition called Vascular Disease. Find out by attending this FREE assessment. Preregistration is required.\*

#### **45-minute appointments scheduled daily**

*Bellin Hospital, 744 S. Webster Ave., Green Bay*

### **Her Health Luncheons**

*SC Grand, 1250 Mid-Valley Dr., De Pere, (Located off Highway 41 South)*

The following Her Health Luncheons include a FREE lunch and cooking demonstration. Preregistration is required.\*

“Breast Cancer Treatment in 5 Days: Ready for Prime Time?”

By Edie Krueger, MD, The Cancer Team at Bellin Health

**Thursday, April 24, 12 - 1:30 p.m.**

“Bare Bones Facts on Osteoporosis”

By Paula Hobson, MD, Women’s Health Care OB-GYN

**Thursday, May 29, 12 - 1:30 p.m.**

“Urogynecology and Other Pelvic Floor Disorders”

By Yoon Chun, MD, OB-GYN Associates of Green Bay

**Thursday, June 26, 12 - 1:30 p.m.**

### **A Special Evening for Expecting Parents**

To help celebrate the upcoming birth of your baby, we planned a special evening for you and dad, or a guest. Preregistration is required.\*

**Wednesday, April 30, 6:30 - 8:30 p.m.**

*Bellin Hospital, Kresge Center, 744 S. Webster Ave., Green Bay*

### **Her Health Special Event - “Spider Veins and Varicose Veins”**

Tired of the discomfort, swelling, and appearance of varicose and spider veins? There are a number of treatment options available depending on the severity of the problem. To find out what treatment option is best for you, attend this FREE screening. Preregistration is required.\*

**Monday, April 28, 3 - 5:30 p.m.**

*Surgical Specialists of Green Bay*

*720 S. Van Buren St., Green Bay*

**Thursday, May 8, 3 - 6 p.m.**

*General & Vascular Surgery of Green Bay (Inside Bellin Hospital)*

*744 S. Webster Ave., Green Bay*

### **Bare Bones Facts on Osteoporosis**

Paula Hobson, MD, Women’s Health Care OB-GYN will provide an overview of osteoporosis. This three-part series will also address diet, medications, and exercise. Preregistration is required.\*

**Thursdays, April 24, May 1, and May 8, 6:30 - 8:30 p.m.**

*Bellin Hospital, Kresge Center, 744 S. Webster Ave., Green Bay*

### **LifeLines Presents**

Bellin Health and Weidner Center Presents, Inc. features Dr. Andrew Weil, one of the world’s foremost authorities on health, wellness, and integrative medicine. Tickets are required.

**Thursday, May 1, 6 - 7:30 p.m., Showcase, 7:30 p.m., Speaker**

*Weidner Center for the Performing Arts*

*To purchase individual tickets call (920) 465-2217 or 1-800-328-TKTS.*

ALL HER HEALTH EVENTS ARE FREE UNLESS NOTED.

\* TO PREREGISTER CALL THE HER HEALTH HOTLINE WITH 24/7 NURSE ON CALL 920 433-7494 OR TOLL FREE 877 989-0994.\*