

Caregiver Headlines

Breast Cancer Awareness Month

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Special points of interest:

- Breast Cancer Awareness Month
- Types of Incontinence
- Guide to managing stress
- Outcome of the 6th Annual Spa for the Caregiver's Spirit

Breast Cancer in the United States:

- An estimated 182,460 new cases of invasive breast cancer are expected to be diagnosed in women in the United States during 2008.
- About 1,990 men in the United States will be diagnosed with breast cancer in 2008.
- Breast cancer is the most frequently diagnosed non-skin cancer in women.
- An estimated 40,930 breast cancer deaths (40,480 women and 450 men) are expected in 2008.
- Breast cancer ranks second among cancer deaths in women (after lung cancer).

Risk Factors:

- Being female and increasing age are the most important risk factors for breast cancer.
- Other important factors that increase a

woman's risk for developing breast cancer include certain inherited genetic mutations, a personal or family history of breast cancer, high breast-tissue density as seen on mammograms, biopsy-confirmed hyperplasia, and high dose radiation therapy to the chest.

- Other risk factors include a long menstrual history, being overweight or becoming obese after menopause, recent use of oral contraceptives, use of postmenopausal hormone therapy, never having children or having one's first child after 30, consumption of one or more alcoholic beverages per day, and being physically inactive.

American Cancer Society Recommended Screening Guidelines:

- Yearly mammograms are recommended starting at age 40 and



continuing for as long as a woman is in good health.

- A clinical breast exam should be part of a periodic health exam, about every three years for women in their 20's and 30's and every year for women age 40 and older.
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care providers. Breast self-exam is an option for women starting in their 20's.
- Women who are at high risk because of family history, a genetic tendency, or certain other risk factors, should be screened with an MRI in addition to mammograms.

—Source
American Cancer Society

Incontinence

As many as 13 million people deal with incontinence. Incontinence is a correctable, yet costly condition, with an excess of 30 billion dollars spent last year alone on treatment. Incontinence is a symptom of other problems such as nerve disorders, loss of sensation and weakening muscles. It can also occur due to medications or surgery and affects approximately 10-15% of seniors age 65 and over.

There are four different types of incontinence:

Stress Incontinence

People with stress incontinence lose urine when they exert pressure on their bladders. It may happen when they lift something heavy, laugh, cough or exercise.

Overflow Incontinence

This occurs when a person cannot completely empty their bladder. Often frequent urination may occur or sometimes there is a constant leak of urine. Your loved one may feel as though their bladder is always partly full or may drip urine all the time.

Urge Incontinence

People who just can't

seem to get to the bathroom in time or who lose urine when they feel the need to urinate have what is called urge incontinence. Sometimes they have accidents at night and have to go to the bathroom quite often day or night.

Mixed Incontinence

Mixed incontinence means that a person has some combination of the other three types. Stress and urge incontinence are commonly seen together, especially in older women.

If you suspect your loved one is incontinent, consider the following:

- Talk about incontinence with your loved one. Those suffering from incontinence are often too embarrassed to seek help or even admit that they are incontinent.
- Consult your loved one's primary care physician about incontinence. There are treatments available that can ease if not cure this common condition.
- Frequently check for soiled undergarments.

Urine is a skin irritant and may promote skin ulcers.

Be aware that people with incontinence are prone to falls that may lead to injuries. A person with incontinence will often rush and trip on their way to the bathroom especially at night.

Set a regular schedule to use the bathroom. Frequent and planned visits to the bathroom, usually every three hours, will help your loved one avoid soiling themselves and can assist with bladder training.

If your loved one is incontinent, there are certain foods or beverages that should be avoided which may irritate the bladder.

- Alcohol
- Carbonated drinks
- Milk products
- Coffee or tea (with or without caffeine)
- Citrus fruits and juices
- Tomatoes
- Highly spiced foods
- Sweeteners (sugar, honey, corn syrup)
- Chocolate
- Artificial sweeteners.

—Source

www.caregiver.com

“A person with incontinence will often rush and trip on their way to the bathroom especially at night.”



RELAX...Your Guide to managing your stress and keeping your life on track.



Causes of stress are called “stressors.” Stressors may affect you physically, emotionally or mentally. Which of these stressors affect you?

Financial stressors may include alimony, bankruptcy, child support, and growing debt.

Common family stressors may include a child moving out or returning home, the death of a family member or partner, a divorce or separation, and moving.

Work-related stressors may include downsizing, a long commute, a noisy or unpleasant work environment, little recognition or a lack of feedback, starting a new job, and getting a promotion.

Daily life stressors may include having car trouble, household chores, forgetting or misplacing something, oversleeping, traffic jams, and waiting in line.

There are ways you can start managing these stressors. Follow these tips in your daily life.

Keep a journal. Each day, write about something

that made you feel stressed—or that made you feel good. This can help you identify common stressors and things that help you relax.

Learn to accept things you cannot change and be optimistic about the future. Also, learn to manage and act on things you can change!

Cope with stress through humor. Be playful. Laughter not only makes you feel good—it can also help you relax.

Get help when needed or delegate less important chores and tasks.

Taking care of yourself also helps. For example, your body needs extra energy when you’re under stress, so pay special attention to what you eat. Also, get plenty of physical activity and sleep. Talk to your health care provider.

—Source
Channing Bete Company, 2007

6th Annual Spa for the Caregiver's Spirit



Participants listened to Kim Harlan from GreenTree Assisted Living discuss **Combative Behavior in the Elderly**.

About 60 people enjoyed an evening of information, relaxation, food, and door prizes at Pleasant Hill Baptist Church in Mt. Vernon on September 11. Family caregivers listened to professionals speak on a variety of topics to help them be more informed and relaxed caregivers. Caregivers also enjoyed chair massages, manicures, facials, and musical entertainment to close the evening.

The Family Caregiver Program would like to thank our sponsoring businesses—St. Mary’s Good Samaritan Hospital, Addus HealthCare, Midland Area Agency on Aging, Southern Illinois University School of Medicine, and Heartland Human Services.

Thank you to all of the planners, exhibitors, speakers, entertainment, and Pleasant Hill Baptist Church for allowing us to

use their facility to host this event.

Mostly thank you—our family caregivers who provide wonderful care day in and day out to your family and friends. Our goal is to help you take care of yourself so you can continue to provide excellent care to your care receivers.

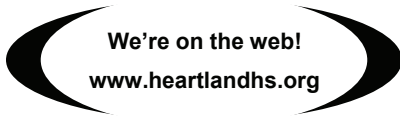
We look forward to seeing you at the 2009 Caregiver Spa!



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Announcements

October 28 — Understanding and Responding to People with Dementia (Audio Conference)
12:00 p.m. — 1:00 p.m.

→ To register, call the Alzheimer's Association at 217-726-5184.

November 13 — Alzheimer Awareness Family Caregiver Conference

8:00 a.m. — 4:00 p.m.
Crowne Plaza Hotel & Conference Center
300 South Dirksen Parkway
Springfield, IL

→ To access a registration form, visit www.siumed.edu/alz or contact the Caregiver Advisor toll-free at 1-888-560-8805 ext. 1062.

November 18 — National Memory Screening Day

Contact Linda Warner or Darcy Markwell toll-free 1-888-560-8805 ext. 1046 or 1062 to schedule a free memory screening.

On Saturday, September 13, 2008, the Alzheimer's Association Memory Walk took place in Carterville, IL. Caregiver, Lenora Allison and her family walked in memory of Lenora's husband, Harlan D. This year, they raised over \$1,800 for research! Good job Lenora & family!