

BREAST CANCER AWARENESS MONTH

This Breast Cancer Awareness Month, let’s spread
hope, support fighters, and celebrate survivors.
Together, we can make a difference



BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

supporting people diagnosed with breast cancer, including metastatic breast cancer

educating people about breast cancer risk factors

stressing the importance of regular screening, starting at age 40 or an age that’s appropriate for your personal breast cancer risk

fundraising for breast cancer research

October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more

research about metastatic disease.

Although breast cancer is much more common in women, breast cancer affects men, too. Men’s Breast Cancer Awareness Week has been observed from October 17-23 annually since 2021. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care.

During this month, let’s get the word out that it’s important to get screenings and educate the public about breast cancer risks.



AdventHealth Georgia challenges community to light porches pink for breast cancer awareness

ADVENTHEALTH GORDON

Throughout the month of October, the AdventHealth cancer care teams are challenging our community once again to light porches pink across Northwest Georgia to spread awareness of breast cancer.

The “Light Your Porch Pink” movement shines a light on breast cancer, which affects one in eight women and is easily treatable when caught early. Community members are invited to participate in this experience by installing a pink light bulb in their front porch light socket, creating a pink evening glow.

Mammograms truly save lives, so we’re also encouraging women to schedule their annual mammogram at one of our AdventHealth locations in Rome, Calhoun or Chatsworth. With 3D mammograms in 30 minutes, we’re making it easy to get screened.

Thousands of pink light bulbs will be distributed across Floyd, Gordon and Murray counties starting September 15, 2025. Light bulbs are available for pick-up at the following locations while supplies last:

AdventHealth Gordon: East Entrance Lobby

1035 Red Bud Road, Calhoun, GA 30701

AdventHealth Gordon: North Entrance Lobby

1035 Red Bud Road, Calhoun, GA 30701

AdventHealth Gordon: Edna Owens Breast Center

1035 Red Bud Road, Calhoun, GA 30701

When lighting your porch pink, be sure to take photos and share them on social media with the #PinkPorchGA hashtag, along with your reasons for shining a light on breast cancer. Whether it’s a message of remembrance, a celebration of survivorship, or a reflection on your own journey, your voice matters.

“Seeing our community light up in pink is a powerful reminder of the strength and resilience of those impacted by breast cancer,” said Josefer Montes, executive director of marketing and brand at AdventHealth Georgia. “We hope this visible show of support continues to spark conversations and encourage loved ones to prioritize regular screenings.”

For more information on lighting your porch pink or to schedule a mammogram, please visit PinkPorchGA.com.



About AdventHealth

AdventHealth is a connected network of care that helps people feel whole – body, mind and spirit. More than 100,000 team members across a national footprint provide whole-person care for millions of people annually through more than 2,000 care sites that include hospitals, physician practices, ambulatory surgery centers, outpatient clinics, home health agencies, hospice centers, the AdventHealth app and more. Our wholistic approach to improving the health and prosperity of our communities is inspired by our mission to extend the healing ministry of Christ.



LIGHT YOUR PORCH PINK



Join AdventHealth throughout the month of October as we honor those in our community affected by breast cancer.

To help catch cancer early, we make it easy to get screened with 3D mammograms in 30 minutes.

Find Pink Porch bulb pick-up locations at PinkPorchGA.com.
Share your porch at [#PinkPorchGA](https://PinkPorchGA.com).

Schedule your mammogram in Calhoun, Rome or Chatsworth:

 PinkPorchGA.com

 800-776-5102

Screening appointment times may vary.



Hamilton Health to host Pink Day for breast cancer awareness on Oct. 23

VITRUVIAN HEALTH

Vitruvian Health (formerly Hamilton Health Care System) will host a Pink Day (breast cancer awareness) event on Thursday, Oct. 23 from 11 a.m. to 1 p.m. at Burr Park, 101 South Hamilton St., Dalton.

The event will include free cookies, pink lemonade, breast cancer awareness giveaways, health and wellness vendors and a lunch available for purchase through a vendor. Giveaways will be available while supplies last.

At 11:30 a.m., Adrian Miller, MD, board certified radiologist, will talk about the different types of breast imaging and their role in detection.

Regular breast self-exams, clinical breast exams and mammograms (based on age and health history) are recommended as the best way to detect breast cancer in the early stages.

“With October being Breast Cancer Awareness Month, it’s a good time to be proactive,” said Taylor Martin, community outreach coordinator. “Nobody wants to hear a diagnosis of breast cancer, but early detection can make a huge difference.”

Some habits that can help reduce risk for breast cancer are maintaining a healthy weight, staying physically active, eating fruits and vegetables, not smoking and limiting alcohol consumption.

PCI includes: Dalton’s only Breast Imaging Center of Excellence; a comprehensive team of board-certified medical oncologists, radiation oncologists, radiologists and general surgeons/ breast specialists; 3D digital mammography; breast elastography; breast ultrasound; 3D stereotactic breast biopsy; state-of-the-art radiation therapies; customized treatment plans; genetic testing

and counseling; patient navigation and oncology social work services; and breast surgery and reconstruction.

To schedule a mammogram at Peebles Cancer Institute, please call 706-272-6565. To schedule a mammogram at Hamilton Health – Calhoun, please call 762-268-4906.

Free car magnets and yard signs (while supplies last) will be available throughout October at Vitruvian Health primary care locations and at Peebles Cancer Institute. For a list of primary care locations, visit VitruvianHealth.com/primary.

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and



EARLY DETECTION SAVES LIVES!

#PowerofPink

STRONGER TOGETHER

Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing



FROM LEFT: Adrian Miller, MD and Taylor Martin.

environment. The Vitruvian name draws from the organization’s recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton’s

logo since 1976. Da Vinci’s Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton’s integrated system of care.





EARLY DETECTION SAVES LIVES!

#PowerofPink

STRONGER TOGETHER

Breast cancer affects 1 in 8 women.

Early detection is key to increasing survival rates. This October, let’s stand together in raising awareness for the importance of mammograms, self-exams, and regular check-ups. Together, we can save lives!

Visit Peebles Cancer Institute or any Hamilton primary care or walk-in care location in October to pick up a Power of Pink magnet or yard sign!

SCHEDULE YOUR 3D MAMMOGRAM!

CALL 706.272.6565 TO SCHEDULE AT PEEPLES CANCER INSTITUTE.

CALL 762.268.4906 TO SCHEDULE AT HAMILTON HEALTH CALHOUN.



Hamilton

Peebles Cancer Institute



Hamilton Health - Calhoun

Vitruvian Health

VitruvianHealth.com/breast-health

SURVIVOR STORIES

Celebrating more than a decade of survival

Dena Wright has been breast cancer-free for more than a decade now, something she was originally told there was a very small chance of experiencing

Brandi Owczarz
staff@gordongazettega.com

Calhoun native Dena Wright knew something wasn't right with her body in early 2014 as she discovered symptoms that began as somewhat mild that ended up turning into a breast cancer diagnosis by the fall of that year.

Wright and her husband Greg were at a great stage in life: enjoying watching son, Bristol, who was 5-years old at the time, begin school. But a gut feeling told Wright that something was off with her health.

"In February 2014, I started noticing that my right breast just felt a little different and was itching a lot," said Wright. "I had my yearly check up with my ob-gyn, and since there was no lump or rash, it was one of those 'watch it and if anything changes, let us know' things. I had a mammogram and it came back clear so I didn't worry too much. In October, there was thickening of the skin but still no real lump, which is what we're taught to feel for. I was worried enough to go to my regular family doctor and she immediately sent me to the hospital for a diagnostic mammogram. I had a core needle biopsy after the mammogram, and I was diagnosed on October 15th, 2014."

Wright ended up being diagnosed with Stage 3C Ductal Carcinoma with lymph node metastases, a cancer of the milk ducts, which is one of the most common

types of breast cancer. In Stage 3 breast cancer, the tumor is usually larger and Wright's cancer had spread to surrounding lymph nodes.

"I had a partial mastectomy in November of 2014," said Wright. "Then I had four weeks of A/C Chemotherapy (doxorubicin, which is also known as Adriamycin and cyclophosphamide), also known as "red devil" treatments. I had 12 weeks of Taxol treatments, and after that, I had 28 radiation treatments, and 52 weeks of Herceptin treatments. I was also on a 10-year regimen of Arimidex."

During treatment, Wright suffered a variety of side effects that many women face during their treatment.

"I was tired all of the time and it took a real effort to be normal most days," said Wright. "The chemo I had caused a lot of joint pain and fatigue. I had some nausea and my taste buds were messed up. Food that I had loved all my life no longer tasted good. I was determined, though, to be as normal as possible for my son, Bristol. I didn't want him to look back on his childhood memories and just remember me being sick and tired all the time."

Wright was told at diagnosis that her five-year disease-free probability was 31 percent, with her 10-year disease-free probability being less than 10 percent. Now, 11 years later, Wright is relieved that she beat those odds.

One of the most important parts of surviving for Wright

has been to keep a normalcy in her life.

"I have tried really hard to keep life normal," said Wright. "We have season tickets to the Rome Braves and attend a lot of the games. The year I was diagnosed, my husband Greg worked all season getting team autographs of hot pink ink on a white bat for me. Some of the players even wore breast cancer bracelets for me that year. We take vacations; we went to the beach while I was taking treatment and still did other fun things. Even then, I lived my life as normally as possible."

Breast Cancer doesn't just take a physical toll on those diagnosed but also affects patients emotionally. Wright said she recommends those diagnosed with the disease to seek out support.

"I'm a member of an online support group called Breast Cancer Sisters," said Wright. "Cancer is very scary and in the beginning you have so many questions and the ladies in this group were always so good to answer everything for me."

Being diagnosed with Breast Cancer has given Wright new goals and she helps with raising money for Breast Cancer research every opportunity she gets in an effort to find a cure.

"I've participated in Relay for Life on and off over the years on different teams, and I had my own team, Bird Best Friends," said Wright. "In 2015, we won the Stork Award for new teams. My son, Bristol, who was much



Wright at the recent Light The Hospital Pink event. Wright is a 10-year survivor of breast cancer, a cancer that she was given a less than 10 percent chance of being disease-free after 10 years.

younger at the time, held my hand and walked the survivor lap with me. I cried all the way around. It was so emotional for me. It's really special to walk through all those family, friends and people you don't even know clapping for you, and to realize that your little hometown really does care about fighting this horrible disease with you."

Nowadays, Wright is considered No Evidence of Disease and has been for several years. She still enjoys a good Braves game,

watching 17-year old Bristol become a well-rounded young man, time with family and friends and raising awareness of Breast Cancer.

"I want everyone – because men get breast cancer, too - to know that they really need to pay attention to their own body," said Wright. "Please actually do monthly self-exams! And if anything feels different, even if it's just a 'gut feeling,' let your doctor know. Don't just rely on a once a year mammogram!"

How to reduce your risk of breast cancer

AMERICAN CANCER SOCIETY

Although there is no sure way to prevent breast cancer, there are several things you can do that may lower your likelihood of getting it. This is because certain breast cancer risk factors are related to personal or lifestyle behaviors, such as diet and physical activity. Other lifestyle-related risk factors include decisions about taking medicines that contain hormones.

Here are 5 ways to help protect your breast health.

1. It's best not to drink alcohol. Women who drink should have no more than 1 drink a day.

Drinking alcohol is clearly linked to an increased risk of breast cancer. The risk increases with the amount of alcohol consumed. Women who have 1 alcoholic drink a day have a small (about 7% to 10%) increase in risk compared with those who don't drink, while women who have 2 to 3 drinks a day have about a 20% higher risk. Alcohol is linked to an increased risk of other types of cancer, too.

2. Get to and stay at a healthy weight.

Being overweight or obese, especially after menopause, increases breast cancer risk and gaining weight as an adult adds to your risk.

After menopause, most of your estrogen comes from fat tissue. Having more fat tissue increases the amount of estrogen your body makes, raising your risk of breast cancer. Also, women who are overweight tend to have higher levels of insulin. Higher insulin levels have also been linked to breast cancer.

If you're already at a healthy weight, do what you can to stay there.

If you're carrying extra weight, work with your health care team and try to lose some. There's some evidence that losing weight may lower breast cancer risk. Losing even a small amount of weight can also have other health benefits and is a good place to start.

3. Be physically active and avoid time spent sitting.

Many studies have found that regular physical activity reduces breast cancer risk .

The American Cancer Society Guideline for Diet and Physical Activity recommends getting at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week. Getting to or exceeding 300 minutes is ideal. You can learn more about getting active in Fitting in Fitness.

In addition, you should limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment. This is especially important if you spend most of your working day sitting.

4. Follow a healthy eating pattern.

A healthy eating pattern includes a variety of vegetables, fiber-rich legumes (beans and peas), fruits in a variety of colors, and whole grains. It is best to avoid or limit red and processed meats, sugar-sweetened beverages, highly processed foods and refined grain products. This will provide you with key nutrients in amounts that help you get to and stay at a healthy weight.

5. Think carefully about using birth control with hormones and hormone replacement therapy (HRT).

Some studies show that certain



kinds of birth control pills, shots, and implantable or topical forms that use hormones might increase breast cancer risk.

Using HRT with a combination of estrogen and progestin increases the risk of breast cancer. This combination can also lead to increased breast density making it harder to find breast cancer on mammogram. The good news is that within 3 years of stopping the hormones the risk returns to that of a woman who has not used HRT.

For women who have had a

hysterectomy, taking HRT that only includes estrogen may be a better option. Estrogen alone does not increase breast cancer risk. However, women who still have a uterus are at increased risk of endometrial cancer from estrogen only HRT.

Talk with your doctor about all the options to control your menopause symptoms, including the risks and benefits of each. If you decide to try HRT, it is best to use it at the lowest dose that works for you and for as short a time as possible.

SURVIVOR STORIES

Hope, healing, knowing your body

VITRUVIAN HEALTH

Taking no chances after a stage 0 cancer diagnosis (earliest detectable stage of cancer) in 2014, Laura Orr got mammograms strictly on schedule. For 10 years, the results came back clear.

In June 2024, just months after her last mammogram, everything changed. During a breast self-exam, the Dalton resident and retired educator felt a lump. Puzzled, she questioned whether it might be only a cyst. But rather than ignore it, she followed up with her physician, who ordered another mammogram at Peebles Cancer Institute (PCI) at Hamilton Medical Center, part of Vitruvian Health.

The tests confirmed she had cancer – and the tumor was growing fast.

Orr is among the estimated one in eight women who will receive a breast cancer diagnosis in their lifetimes.

According to the American Cancer Society’s Breast Cancer Facts and Figures 2024-2025, while the number of cases has increased in recent years, “The breast cancer death rate has dropped by 44 percent since 1989 because of advances in treatment and earlier detection.”

The bottom line – early detection saves lives.

“Definitely get your mammogram annually. Do your self-exams. Know your body,” Orr said. “At first, I thought, ‘Am I really feeling something, or am I not?’ I had a couple of fluid-filled cysts before, and I thought, ‘That kind of feels like that.’”

For six months, Orr took a chemotherapy pill to shrink the tumor. Her care team initially planned to follow up with just radiation and a lumpectomy –

a type of surgery that removes only a portion of the breast. But a team review highlighted the seriousness of her stage 3 cancer and charted a different course.

“The tumor board at Peebles felt like I needed a mastectomy and then chemo so there were no stray cells lurking around,” Orr said.

Orr underwent surgery in April at Hamilton Medical Center followed by chemo treatments beginning in May. This fall, she’s happy to report a clear scan showing no signs of cancer. She continues radiation treatment and will follow up with two years of oral chemotherapy and five years of oral hormone blocking medication.

A retired Dalton Public Schools educator – including roles as a teacher, principal and assistant superintendent – Orr said she appreciates a straightforward, streamlined approach and the efficiency of having her entire care team within the same system.

“I just love the idea of all the doctors being in the network together,” Orr said. “We have the MyChart app that allows me to view all of my medical information in one place, and Peebles has been a good choice. I don’t think I’ve seen anybody who works there appearing to have a bad day. Everyone is well-trained and efficient.”

PCI offers breakthrough care – including phase three clinical trials – delivered by board-certified medical oncologists, radiation oncologists and surgeons. Orr said she’s especially encouraged by ongoing national research, which brings hope through new treatments and protocols. She also said the chemo pill she will take following radiation has



Laura Orr (Photo: Vitruvian Health)

been available only for the last two years.

“I’m just so proud that Dalton has such a robust medical community,” Orr said. “I don’t know of any community our size that has what we have.”

Orr encourages anyone facing a diagnosis to keep hope.

“A lot of times, you’re stronger than you think you are,” Orr said.

About Hamilton Medical Center

The flagship affiliate for Vitruvian Health’s Northwest Georgia region, Hamilton Medical Center (HMC) is a 255-bed regional acute-care hospital that offers major medical, surgical and diagnostic services, including accredited stroke and chest pain centers. Advanced

technology and wellness are two significant areas of focus for HMC. Services include the freestanding Hamilton Ambulatory Surgery Center, Hamilton Diagnostics Center, and Bradley Wellness Center, as well as a Level II trauma center, Peebles Cancer Institute, Heart & Vascular program (including open heart surgery), Hamilton Spine Health and Sport, Level III Neonatal Intensive Care Unit, and more.

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated

physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization’s recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton’s logo since 1976. Da Vinci’s Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton’s integrated system of care.



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Atrium Health Floyd + Harbin Clinic Schedule Breast Cancer Awareness Events

Pink Day at Chick-Fil-A takes place on Oct. 10

ATRIUM HEALTH FLOYD

October is Breast Cancer Awareness Month and Atrium Health Floyd and Harbin Clinic will be spreading the message that there's power in knowing, urging women to get an annual mammogram in the fight against breast cancer.

Pink is the nationally recognized color for breast cancer awareness, and Atrium Health Floyd's Paper Dolls have already popped up in our community. The cutouts are powerful symbols of hope, unity and knowledge. Each one represents a mom, sister, wife, daughter or friend. Complimentary magnets displaying images of the dolls will be available on Pink Day, Oct. 10, at the following locations:

- Truett's Chick-Fil-A in Rome, 264 Shorter Ave., Rome, 6-9 a.m.
- Atrium Health Polk Medical Center, 2360 Rockmart Highway, Cedartown, 8-10 a.m.
- Atrium Health Cherokee Medical Center, 400 Northwood Drive, Centre, 8-10 a.m. CDT
- Chattooga Emergency Department, 13583 U.S. 27, Trion, Ga., 8-10 a.m.

Pink Day at Chick-Fil-A in Rome will also include a free photo booth for selfies with your friends, props included. The Breast Center at Floyd staff and our breast health advocates will be present to provide information and to answer any questions.

A Hispanic Heritage Community Health Fair is scheduled for Saturday, Oct. 11, at The Well at West Rome Baptist Church in Rome, 900 Shorter Ave NW. That event will include breast health information.

"A mammogram is undeniably the best tool to detect breast cancer," said Aimee Griffin, vice president of Professional Services at Atrium Health Floyd and former director of The Breast Center at Floyd. "The survival rate for breast cancer increases when it is detected early, like many other cancers. That is why an annual mammogram can be such a lifesaver."

Atrium Health Floyd's Mobile Mammography Coach will also be traveling this month to provide mammograms at several locations, including:

- Oct. 6: Atrium Health Floyd Primary Care, Taylorsville – 8:30 a.m. to 4 p.m.
- Oct. 7 – Atrium Health Floyd Primary Care, Cartersville – 8:30 a.m. to 4 p.m.
- Oct. 9 – Harbin Clinic, Cedartown – 8:30 a.m. to 4 p.m.
- Oct. 10 – FHF Hair, Cedartown – 8 a.m. to 2 p.m.
- Oct. 13 – Atrium Health Floyd Primary Care, Summerville, 8:30 a.m. to 4 p.m.
- Oct. 14 – Atrium Health Floyd Primary Care, Piedmont, Ala., 9 a.m. to 2 p.m. (central time)
- Oct. 15 – Harbin Clinic, Cedartown, 8:30 a.m. to 4 p.m.
- Oct 15 – Harbin Clinic, Cartersville, 8:30 a.m. to 4 p.m.
- Oct 16 - Harbin SCI, 11 a.m. to 5 p.m.
- Oct 16 – Harbin Clinic, Cedartown, 8 a.m. to 4 p.m.
- Oct 17 – Atrium Health Floyd Medical Center, 5 a.m. to 5 p.m.
- Oct 17 - Harbin Clinic (Main), 8 a.m. to 5 p.m.
- Oct 23 – Food Lion, Armuchee, 8 a.m. to 4 p.m.
- Oct 27 – Atrium Health Floyd Primary Care, Summerville, 8:30 a.m. to 4 p.m.
- Oct 29 - Atrium Health Floyd Primary Care, Calhoun, 8 : 3 0 a.m. to 4 p.m.
- Oct 31 – Atrium Health Floyd Primary Care, Cartersville, 8:30 a.m. to 4 p.m.

Whether it's your first mammogram or part of your ongoing journey, Atrium Health Floyd and Harbin Clinic are your trusted sources for comprehensive breast care. For more information about services or to schedule an appointment, call 706-509-6840 or visit Floyd.org/Mammogram.

About Atrium Health Floyd
The Atrium Health Floyd family



of health care services is a leading medical provider and economic force in northwest Georgia and northeast Alabama. Atrium Health Floyd is part of Charlotte, North Carolina-based Advocate Health, the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Floyd strategically combined with Harbin Clinic in 2024 and employs more than 5,200 teammates who provide care in over 40 medical specialties at four facilities: Atrium Health Floyd Medical Center – a 361-bed full-service, acute care hospital and regional referral center in Rome, Georgia; Atrium Health Floyd Polk Medical Center in Cedartown, Georgia; and Atrium Health Floyd Cherokee Medical Center in Centre, Alabama; and Atrium Health Floyd Medical Center Behavioral Health, also in Rome. Together, Atrium Health Floyd and Harbin Clinic provide primary care, specialty care and urgent care throughout northwest Georgia and northeast Alabama. Atrium Health Floyd also operates a stand-alone emergency department in Chattooga County, the first such facility to be built from the ground-up in Georgia.

About Advocate Health
Advocate Health is the third-largest nonprofit, integrated health

system in the United States, created from the combination of Advocate Aurora Health and Atrium Health. Providing care under the names Advocate Health Care in Illinois; Atrium Health in the Carolinas, Georgia and Alabama; and Aurora Health Care in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with Wake Forest University School of Medicine serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations and offers one of the nation's largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

Gordon County Health Department to host Breast Cancer Awareness event on Oct. 6

GORDON COUNTY HEALTH DEPARTMENT

The Gordon County Health Department will host a breast-cancer awareness event featuring free breast exams Monday, October 6, from 8 a.m. to 4 p.m., at the health department, 310 N. River Street, Calhoun. Interested women may make an appointment by calling the health department at 706-624-1444, however, walk-ins will be accepted in order of arrival. Refreshments, door prizes, and gift bags will be provided.

From 2020 through 2024, there were 39 deaths in Gordon County due to breast cancer. Breast cancer is the most common cancer among women, but early detection through regular screenings can save lives.

"We're committed to making preventive care accessible to everyone," says Marsha Vanwert, health department nurse manager. "This event removes financial barriers and empowers women to take charge of their health. Our healthcare professionals will provide clinical breast exams in a supportive,

private environment." Educational materials and resources on breast health and self-exams will also be available.

About the Gordon County Health Department:
The Gordon County Health Department works to prevent disease, injury, and disability; promote health, safety, and wellbeing; and prepare for and respond to disasters, thereby improving the quality of life for individuals and families in Gordon County. We provide a wide range of medical services, track and prevent the spread of disease, promote health and safety through education and communication, monitor area environmental safety, including restaurant inspections, and ensure our community is prepared for public health emergencies. Find us on the web at www.nwgapublichealth.org/counties/gordon. Follow us on Facebook to receive news, emergency messages, and health-and-safety information at <https://www.facebook.com/GordonDPH>

Breast Cancer Awareness Event

Gordon County Health Department
October 6th 8:00 AM to 4:00 PM

Get your **free** breast exam at the Gordon County Health Department.

Walk-ins accepted in order of arrival.

We will be providing refreshments and **gift bags** to patients.



Breast Cancer Awareness Month begins with Light the Hospital Pink event

Brandi Owczarz
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Survivors, loved ones, community members and hospital staff showed up in support of AdventHealth Gordon's Light the Hospital Pink event on Tuesday night, Sept. 30, 2025 as a way to begin Breast Cancer Awareness Month held annually each October.

The event was held in front of the Edna Owens Breast Center on the campus of AdventHealth Gordon, which has been serving the community for about six years.

Those in attendance were provided with pink glow sticks and pink flash lights; some of the hospital's outdoor lights had been changed to pink bulbs and the large tower of the hospital will have a pink ribbon light, the official symbol of breast cancer awareness, throughout the month of October.

"This evening, we are shining a light on breast cancer awareness," said Garrett Nudd, communications director for AdventHealth Gordon, AdventHealth Murray and AdventHealth Redmond. "On the eve of Breast Cancer Awareness Month, we are not only lighting AdventHealth Gordon pink, in our neighboring communities, we are also lighting AdventHealth Redmond and AdventHealth Murray. Many of you have joined us by lighting your own porches pink at home with (our) pink light bulbs. We are grateful for your partnership in this very important cause."

Nudd told those in attendance that when it comes to breast cancer, everyone knows someone who has

been affected, and AdventHealth has been at the forefront of improving outcomes for those diagnosed.

"Everyone knows someone who has fought or is fighting, and everyone loves someone who has fought or is fighting," said Nudd. "AdventHealth has a rich history in not only providing the region's most comprehensive cancer care, but also focusing on prevention and early detection of breast cancer. AdventHealth Gordon and Murray have recently been recognized by the American College of Radiology with Comprehensive Breast Imaging Center designations. Here at AdventHealth Gordon and the Edna Owens Breast Center, we offer 3-D mammography, breast ultrasound, breast MRI, same day breast biopsies, genetic testing, breast Nurse Navigator services and a whole lot more."

Nudd said that patients at the Edna Owens Breast Center are called within 24-48 hours with results from a screening mammogram and, in addition, results are available on the hospital's patient portal.

"The Edna Owens Breast Center also offers support groups, the Beautiful You program and so much more," said Nudd.

Nudd noted that, when fighting cancer, it takes an army to do so, and thanked the Northwest Georgia Cancer Coalition for partnering with AdventHealth in the fight. He also thanked the local governments of Calhoun and Chatsworth for declaring October as Breast Cancer Awareness Month in their respective communities.

"Across the region, our Cancer Care Team and Community Outreach



Team will spend the month of October traveling throughout the community doing presentations as we promote breast cancer awareness," said Nudd.

The community was reminded of the upcoming Pickleball for Breast Cancer Awareness event, coming up on Sunday, Oct. 12.

AdventHealth Georgia's Cancer Care team will host Pickleball for Breast Cancer Awareness on Sunday, October 12, at Pickleball 706 in Calhoun, Georgia. This event is FREE and open to the public!

AdventHealth invites the Northwest Georgia community to come out and cheer, spectate, play and support breast cancer awareness.

planning to participate

- Equipment will be provided
- T-shirts will be given to pickleball participants
- Food provided by CiCi's Pizza
- Enjoy prizes, giveaways and raffle items

Schedule of Events:

- 12 to 3:30 p.m. | Open play and instruction
- 1 p.m. | Hats Off to Breast Cancer Health
- 2 p.m. | Honor Survivors
- 3:30 p.m. | Exhibition match featuring professionally ranked pickleball players
- 4 to 6 p.m. | Open and play instruction

Important Information:

- Wear athletic shoes if you're

To register, please go to Pickleball706.com/events.

AdventHealth Georgia and Pickleball 706 to host Pickleball for Breast Cancer Awareness

ADVENTHEALTH GEORGIA

AdventHealth Georgia's Cancer Care team is excited to host Pickleball for Breast Cancer Awareness on Sunday, October 12, at Pickleball 706 in Calhoun, Georgia. This event is FREE and open to the public!

AdventHealth invites our Northwest Georgia community to come out and cheer, spectate, play and support breast cancer awareness.

Important Information:

- Wear athletic shoes if you're planning to participate
- Equipment will be provided
- T-shirts will be given to pickleball participants

- Food provided by CiCi's Pizza
- Enjoy prizes, giveaways and raffle items

Schedule of Events:

- 12 to 3:30 p.m. | Open play and instruction
- 1 p.m. | Hats Off to Breast Cancer Health
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To register, please go to Pickleball706.com/events.

About AdventHealth

AdventHealth is a connected network of care that helps people feel whole – body, mind and spirit. More than 100,000 team members across a national footprint provide whole-person care for millions of people annually through more than 2,000 care sites that include hospitals, physician practices, ambulatory surgery centers, outpatient clinics, home health agencies, hospice centers, the AdventHealth app and more. Our wholistic approach to improving the health and prosperity of our communities is inspired by our mission to extend the healing ministry of Christ.

Pickleball for Breast Cancer Awareness

Join the AdventHealth Georgia Cancer Care team and Pickleball 706 for a fun afternoon of pickleball and breast cancer awareness.

PICKLEBALL 706

12 to 6 pm, Sunday, October 12

Pickleball 706

122 Wc Bryant Parkway, Suite 1 | Calhoun, GA 30701

Schedule

12 to 3:30 pm | Open play and instruction

1 pm | Hats Off to Breast Cancer Health

2 pm | Honor Survivors

3:30 pm | Exhibition match featuring professionally ranked pickleball players

4 to 6 pm | Open and play instruction

Important Information

Come out and cheer, spectate, play and support breast cancer awareness.

- Wear athletic shoes if you're planning to participate
- Equipment will be provided
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- Food provided by CiCi's Pizza
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Scan the QR code or go to pickleball706.com/events to register.

Should You Do a Breast Self-Exam?

ADVENTHEALTH GEORGIA

There was a time when women were recommended to examine their own breasts using a step-by-step technique to search for suspicious lumps. Though it seemed to make sense that this technique would catch cancer early, the best medical evidence says otherwise.

That's why organizations like the American Cancer Society no longer recommend breast self-exams if you're already receiving mammograms. Part of the reason for that change is that breast self-exams can lead to false alarms and unnecessary medical care.

That doesn't mean you should ignore your breasts, though. Instead, doctors suggest paying attention to what your breasts look and feel like and contacting your

health care provider if you notice any changes.

It's important to get familiar with what's normal for you. Even with advanced screening tools available, such as mammography, some breast cancers are still found through physical exams.

What to Watch For

If you've got a sense for what's normal for you, be ready to spot any changes. Talk to your doctor if you notice any of the following:

- The skin of your breast dimples, puckers, or bulges.
- Swelling, redness, or a rash on your nipple or breast.
- A change in the size or shape of your breast.
- Changes with your nipple, such as pushing inward instead of sticking out.
- Fluid coming out of one or both of your nipples that's watery, milky, yellowish, or bloody.

- A lump or hard knot inside your breast or armpit.
- An area that feels thick inside your breast or armpit.
- Pain in one spot of your breast that doesn't go away.
- Any change that occurs on one breast that feels different from your other breast.

The Next Step

If you notice a lump or change, don't panic. These signs usually don't mean that you have breast cancer. There are common noncancerous breast conditions that can cause symptoms, too. The only way to find out for sure is by making an appointment with your doctor to get checked.

Just as a multivitamin can't replace a healthy diet, self awareness can't replace mammograms. Depending on your health history and risk factors, we recommend



women start getting mammograms between the ages of 40 and 50.

At AdventHealth, you can schedule a mammogram yourself.

AdventHealth knows breast health is about more than your body. It's about peace of mind. That's why we offer the latest technology — including digital mammography, MRI and ultrasound — that gives you the best chance at spotting cancer early.

To schedule an appointment, [visit our website](#).

Atrium Health Floyd - Male Breast Health

ATRIUM HEALTH FLOYD

Although rare, breast cancer can develop in men.

About one in every 1,000 men will be diagnosed with breast cancer. Though the chances seem remote, men should not ignore the risk.

Because breast cancer is usually discovered later in men, the mortality rate is higher in men.

While there are no routine recommendations for breast cancer screening in men, it is important for men to be aware of their family history and report any family history components or physical changes to their health care provider.

Family History

Have a close male relative who was diagnosed with breast cancer at any age

Have a close male or female relative with a known BRCA 1 or

BRCA 2 genetic mutation. Men can be carriers of these genetic alterations and may be at elevated risk for developing breast or other related cancers.

Physical Changes

- Any changes in the breast or chest area, particularly when the change is only on one side of the chest
- Lump, hard knot or thickening on the breast, chest or underarm area
- Change in the size or shape of the breast
- Dimpling, puckering or redness of the breast skin
- Itchy, scaly sore or rash on the nipple
- Inverted nipple

Contact

To learn more or to request a consultation, contact the Atrium Health Floyd Medical Center The Breast Center at 706-509-6840.



How Music Therapy Can Help People With Cancer

AMERICAN CANCER SOCIETY

When life gets hard, music can be a balm. Maybe listening to a playlist or making your own music lifts you up. For people facing cancer, music therapy offers a way to ease stress and find connection.

What is music therapy?

Music therapy is a type of mind-body therapy that uses music to promote healing. “For many people with cancer, it can offer a nonverbal, emotionally resonant way to cope with challenges,” said Cristiane Decat Bergerot, PhD, an American Society of Clinical Oncology (ASCO) expert and head of the Department of Psycho-Oncology at Grupo Oncoclínicas in Brazil.

Music therapists use different techniques to help patients process their emotions. One goal of music therapy can be to help manage side effects from illness. For example, many people experience pain from cancer or cancer treatment. Medications can help with physical pain, but emotional pain can be tricky to treat.

“Music can be a non-threatening way to discuss difficult issues that come up with a cancer diagnosis. Music therapy can be particularly powerful in addressing spiritual or psychological distress, as music is deeply connected with our emotions and memories. For instance, loss of independence is a very common problem for patients. A music therapist might play a song that addresses this feeling, then provide lyric analysis afterward,” said Brian Fraser, MT-BC, a music therapist

at AccentCare Hospice & Palliative Care.

What happens during music therapy?

Start by asking your doctor for a referral to a trained music therapist. You can also search for one on the American Music Therapy Association website. Once you have an appointment, you’ll meet with your therapist in person or online.

Sessions usually involve a combination of music-based techniques and conversation. The specific approaches your therapist recommends depend on your needs and concerns. “During a session, I try to get a sense of what the patient’s biggest challenges or worries are. Then I help them identify how to cope with those challenges,” Fraser said.

Techniques you might use during music therapy include:

- Singing
- Songwriting
- Guided imagery with music
- Moving with music
- Analyzing lyrics
- Playing or learning to play an instrument

Music with iso-principle. Therapists that use the iso-principle match a person’s energy level or mood and try to take it in a different direction through music.

Talk to your therapist about which approaches you prefer. They can tailor your sessions based on what you find most helpful.

How can music therapy help during cancer?



Music therapy can help people manage certain side effects of cancer and cancer treatment. These include:

- Mental health distress, including anxiety and depression
- Sleep problems
- Pain
- Nausea
- Cognitive problems

New research from the 2025 ASCO Annual Meeting showed that music therapy may be as effective as cognitive behavioral therapy (CBT) for managing anxiety in cancer survivors. CBT is a type of talk therapy.

“This study is encouraging because it suggests patients now have more ways to access support for anxiety,” said Dr. Bergerot. “The fact that both therapies were delivered remotely also highlights how flexible and accessible they are.

This is especially important for people who have mobility issues or live far from treatment centers.”

If you’re interested in music therapy, ask your doctor:

- Do you recommend music therapy for me?
- How does music therapy compare with other types of therapy I could try?
- Are there any risks to consider before starting music therapy?
- Can you provide a referral to a music therapist?

Finally, remember that you don’t need musical experience to benefit from music therapy. Anyone can find the practice helpful. “Music therapy will not cure someone’s cancer,” said Fraser. “But it might allow greater acceptance of a diagnosis.”

Symptoms can include:

- A usually painless lump

- Inverted/retracted nipple

- Oozing/bleeding from nipple

- A rash on nipple area

- Skin ulcer on the chest

- Lump/swelling in armpit

- Changes in size/shape of chest



JOIN THE MOOBMENT

3D Mammograms Offer Another Tool in Fight Against Breast Cancer

Women With Dense Tissue Can Benefit from High-Tech Screening

ATRIUM HEALTH FLOYD

Women in northwest Georgia who can benefit from a higher level of breast cancer detection know they can turn to Atrium Health Floyd and Harbin Clinic, where 3D mammograms are available at multiple locations.

Three-dimensional mammography takes multiple images of breast tissue from many different angles with the X-ray equipment moving in an arc across the breast.

These images are combined to create three dimensional images, giving radiologists a better view of all breast tissue. Adding this third dimension provides them with the opportunity to see cancers that can sometimes hide behind dense breast tissue.

For these women, a more accurate diagnosis could open the door to earlier treatment options.

“This technology also reduces the frequency of false-positives, which results in fewer patients who are asked to return for a second mammogram for additional testing,” said Aimee Griffin, vice president of professional services at Atrium Health Floyd.

Breast cancer is the second-most common cancer among women in the United States, and an estimated 1 in 8 women will be diagnosed with breast cancer in her lifetime.

Three-dimensional mammograms can be performed at The Breast Center, Atrium Health Floyd Polk Medical Center, Atrium Health Floyd

Cherokee Medical Center, Harbin Clinic in Cartersville, Atrium Health Floyd Northwest Georgia Medical Clinic OB/GYN and at Atrium Health Floyd’s Mobile Mammography Coach.

For more information or to make an appointment call 706-509-6840.

About Atrium Health Floyd

The Atrium Health Floyd family of health care services is a leading medical provider and economic force in northwest Georgia and northeast Alabama. Atrium Health Floyd is part of Charlotte, North Carolina-based Advocate Health, the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Floyd strategically combined with Harbin Clinic in 2024 and employs more than 5,200 teammates who provide care in over 40 medical specialties at four facilities: Atrium Health Floyd Medical Center – a 361-bed full-service, acute care hospital and regional referral center in Rome, Georgia; Atrium Health Floyd Polk Medical Center in Cedartown, Georgia; and Atrium Health Floyd Cherokee Medical Center in Centre, Alabama; and Atrium Health Floyd Medical Center Behavioral Health, also in Rome. Together, Atrium Health Floyd and Harbin Clinic provide primary care, specialty care and urgent care throughout northwest Georgia and northeast Alabama. Atrium Health Floyd also operates a stand-alone emergency department in Chattooga



County, the first such facility to be built from the ground-up in Georgia.

About Advocate Health

Advocate Health is the third-largest nonprofit, integrated health system in the United States, created from the combination of Advocate Aurora Health and Atrium Health. Providing care under the names Advocate Health Care in Illinois; Atrium Health in the Carolinas, Georgia and Alabama; and Aurora Health Care in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies,

with Wake Forest University School of Medicine serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations and offers one of the nation’s largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

Rhonda Wallace a Dedicated Participant in Paper Doll Parade

ATRIUM HEALTH FLOYD

When Atrium Health Floyd and Harbin Clinic’s Paper Doll Parade & Breast Cancer Awareness 5K Health Walk was in full swing on Sept. 27, Rhonda Wallace will be there.

Wallace is a breast cancer survivor and a dedicated supporter of the 5K and Health Walk, which is organized by Rome-Floyd Parks and Recreation and will take place at Ridge Ferry Park.

“I do the walk every year and my family usually goes with me. I think my grandchildren will be there, too, so hopefully it will be a fun day,” said Wallace.

Each year participants gather to share the importance of breast health and annual mammograms. In fact, Wallace discovered she had breast cancer in 2021 when she went for her yearly mammogram at The Breast Center at Atrium Health Floyd.

Wallace encourages other women to do the same.

“I definitely encourage everybody to get one, because they could be just like me. I had no symptoms, didn’t feel anything. I thought there was nothing abnormal until that day,” Wallace said.

She said the care she received at The Breast Center was extraordinary, setting a trend as she moved through her cancer journey.

“Now I get to see Dr. Paul Brock

twice a year and have a mammogram and an MRI every year. It’s a lot for people to digest. I will tell you, the journey is not easy, but I never one time felt like I was alone,” said Wallace, who serves on the Hospital Authority of Floyd County and Floyd Healthcare Management, Inc. boards.

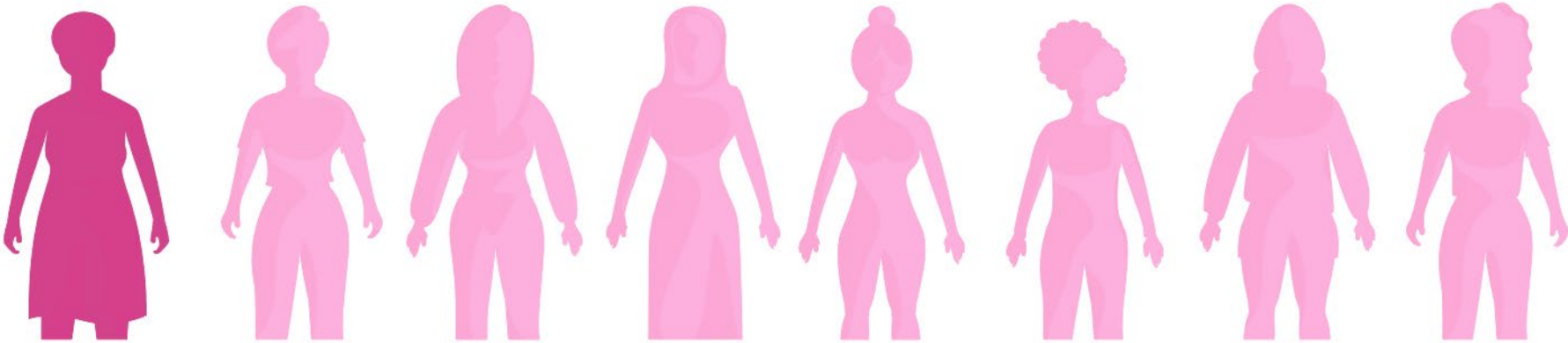
“He’ll always be my hero,” Wallace said of Brock, a general surgeon with Harbin Clinic and medical director of The Breast Center. “From the minute I called, he assured me that I was going to be just fine and that I was strong and healthy. He was really great at explaining the process.”

Wallace said she is grateful for The Breast Center and the expertise it brings in treating cancer patients.

“We are so fortunate and so blessed to have that here in Rome,” Wallace said. “I thank the Lord forever that someone had that vision.”

Atrium Health Floyd’s iconic dolls – symbols of breast health, breast education and the belief that knowledge is power – will again be on display in fashionable running apparel around the park.

A dollar from every entry will go towards Floyd Healthc are Foundation’s scholarship fund to financially assist women who can’t afford a mammogram. You can also donate online at <https://www.floyd.org/foundation/Pages/Make-a-Donation.aspx> and select the Breast Center as the Giving Program.



1 IN 8 WOMEN
in the united states will develop
breast cancer in her lifetime

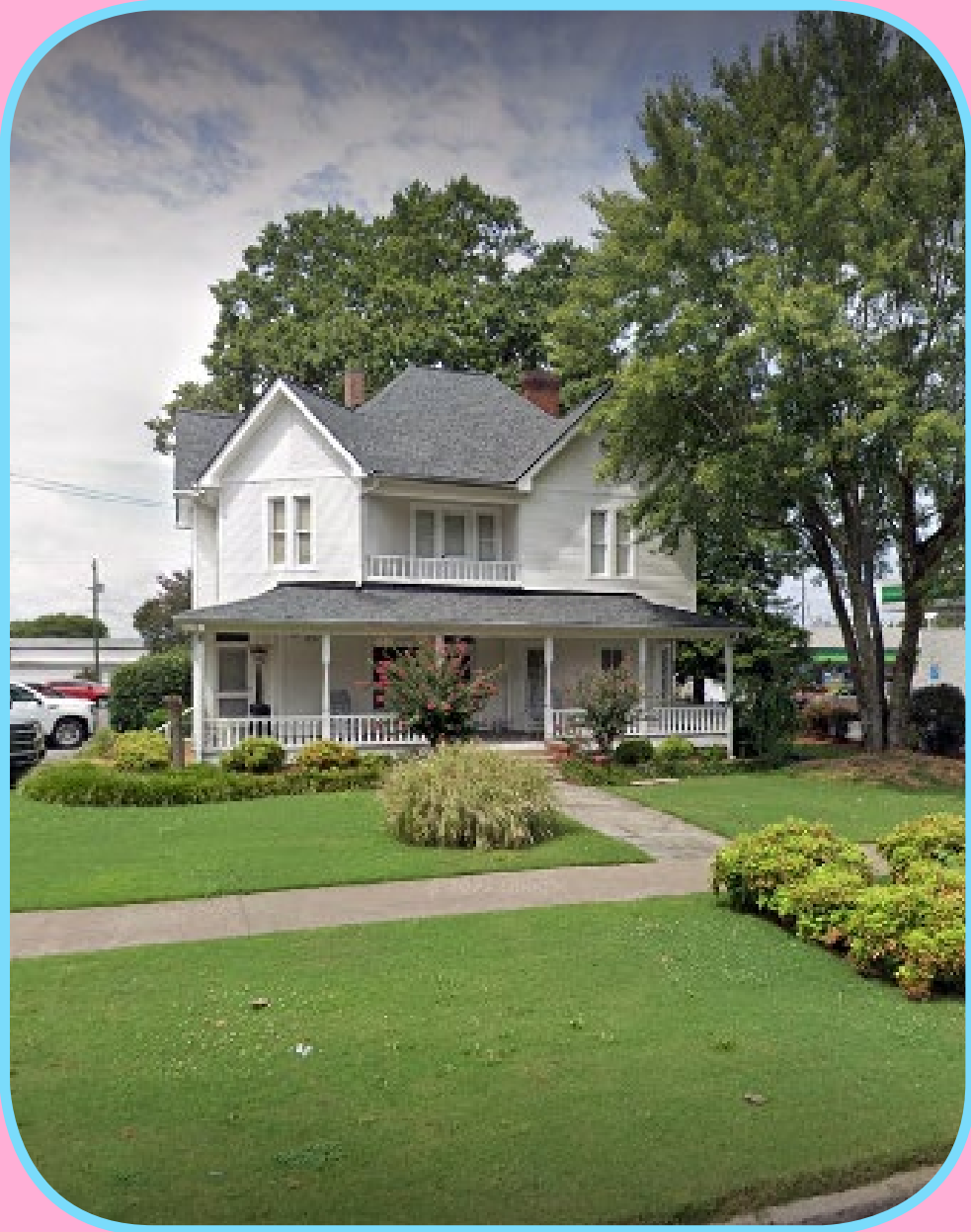


OCTOBER IS BREAST CANCER AWARENESS MONTH.
We are honored to support & encourage families in the fight to end Breast Cancer.



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