



## October is Breast Cancer Awareness Month

### *Imaging Specialist urges women to have their mammograms*

Jean Carlson understands the importance of regular mammograms for women over age 40, and makes sure her patients do too.

“Most women keep up with them each year or every two years,” said Jean, an imaging specialist at the Foothills Imaging Center. “If you haven’t had one in three to five years, you’ll get my lecture about not getting one routinely.”

A mammogram, plus monthly self-exams and a clinical breast exam, together are the best methods to detect breast cancer in its most treatable stages.

Jean sees women of all ages. Standing topless in the privacy of the mammography room, many of them let down their inhibitions. “They’ll tell you the darnedest things, especially the little old ladies,” she said.

Unfortunately, some women avoid getting a mammogram because they’ve heard an exaggerated tale about the discomfort involved. The breast tissue needs to be compressed somewhat to be visualized on the X-ray mammogram.

“Don’t believe what people tell you. You have to judge the discomfort for yourself. Don’t let fear hold you back,” Jean said.

### ***Diagnostic Imaging gets the word out about awareness***

The Diagnostic Imaging Department has pulled out the stops to make sure women get the message that October is Breast Cancer Awareness Month. Flyers are being distributed throughout Yuma, including at YRMC, encouraging women to schedule a mammogram. Various groups are being targeted, such as healthcare workers, business and working women, multicultural women and older women.

Women who have a mammogram at Outpatient Diagnostic Imaging (in Yuma Regional Medical Plaza and at the Foothills Imaging Center) during the month will receive a pink ribbon and a small gift for making their health a priority.



Every Wednesday in October is Wear Pink Day. The breast cancer awareness squad will be on the lookout for staff wearing pink! Also, watch for local stories in the newspaper and on television about breast cancer awareness.

## *Journey to Excellence*

has identified projects to help us reach the highest level of quality that can be achieved.

Phyllis Lee, Quality coordinator, and Marla Moore, MedWest director, are taking the lead to help directors and staff work through their Six Sigma projects to reach success. Nicola Schultz, financial accountant, assists directors with the calculations of cost savings for projects.

Every employee at YRMC is encouraged to look at their own job to see if there’s a different way to approach a task that can result in savings, either in time, money or both. If you have questions about Lean Six Sigma, please ask your supervisor. By understanding Six Sigma, you will be better able to identify potential ways to eliminate waste and help YRMC achieve world-class quality.

## **On the road to world-class quality**

Our Journey to Excellence using Lean Six Sigma has been making tremendous progress. Every department

### ***Kudos to Security for this idea***

*Every department has submitted Six Sigma projects to improve the way we work at YRMC. The following example, provided by Roger Neifert of Facilities Management, is just one of many:*

The project is to reduce the number of requests for Security to open locked doors so that Environmental Services can clean an area. Security estimates that it receives 1,800 to 2,000 such requests a month. The solution is for EVS supervisors to have keys to assist their staff. This will allow Security to respond to more urgent needs and EVS staff will not need to wait.

Assuming 1,500 requests a month, with each taking five minutes, the savings has been calculated to equal \$26,625 a year!