

TADISO TIMES

ISSUE 186

October 2017

IMPORTANT NEWS.....

Monday, October 9 is Columbus Day.
Clinic hours are 6am-1:45pm.



ATTENTION TADISO PATIENTS

Tadiso will begin major construction on the building within the next 30 days.

**THIS EFFECTS YOU!
PAY ATTENTION TO OUR SIGNS.**

When we begin construction, you will have a new entrance to the building.

The date for construction will be posted in the Security area and will give details of the temporary entrance and exit for patients.

Don't be left in the dark. Pay attention to our signs.
STAY INFORMED!

IMPORTANT INFO.

**PLEASE
READ.**

OTHER INFORMATION: Your counselor may be working a modified schedule so it is important to attend all appointments, early in the month. It is very tempting to postpone appointments in the first 2 weeks of the month. However, your counselor's schedule may be filled with other patients and you will not get your required counseling hours. This will result in loss of take home privileges, postponement of your ability to get take home privileges, and an assigned dosing time.

Patients who complete all services as scheduled for each month, will be entered into a drawing for a \$25 Giant Eagle gift certificate. FIVE gift certificates will be given away each month, until the construction has ended.

Tips for Success During Tadiso's Construction:

Schedule and keep all appointments.

Read signs and newsletters for updates.

Get all services completed early in the month.

Avoid lines at dispensing by coming in after 11am.

BEGINNING OCTOBER 16

Patients admitted after July 1, 2017, have been given an assigned time slot of 12-4pm. If you are in this time slot and are NOT working, you can not come to clinic until 12:00. The computer will be set to only dispense your medication after 12 noon. If you are working, please submit your paystub to the Fiscal Office and she can reset your time to allow you to receive medication at any time of day. If you have a counseling or medical appointment scheduled early in the morning, you will be given special permission to come in at an earlier time.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years.** If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

What Are the Symptoms? There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk, and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk? Some main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes. Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.



Fast Facts About Breast Cancer: Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease. Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Thanks to the Susan G. Komen Foundation, you may be eligible for free screenings if you have no insurance or if you cannot meet your insurance co-pays or deductibles. Those who are symptomatic or have a close relative (mother, sister, daughter) diagnosed as having premenopausal breast cancer, may also qualify for services through this program. You must reside in Central or Western Pennsylvania. For more information, see if you qualify or to find a screening location near you, call 1-888-687-0505.



TRICK OR TREAT

Look for Tadiso staff members to show off their Halloween costumes on Tuesday, October 31.

Children attending the Child Care Center on October 31, may also wear their costumes.



Light of Life

Every year Light of Life brings Halloween to a parking lot where kids go from car to car and get candy. We utilize this as an effort to give a safe alternative to trick-or-treating for the children of the Northside and to bring light to a night that is usually seen as otherwise.

Date: October 31st from 5:30-7:30pm

Location: Pittsburgh Project parking lot – 2801 N Charles St, Pittsburgh, PA 15214

