

Steel Magnolias

Breast Cancer Support Group, Inc.

Types of Breast Cancer

I want to tell you that I have learned more about breast cancer than I ever wanted to know after being diagnosed with breast cancer. It is amazing how many different types of breast cancer there are and the different stages of breast cancer.

The types of breast cancer are based on where it starts and spreads. There are Carcinomas and Adenocarcinomas. Cancers that start in the tissues that line our breast and other organs are carcinomas and most breast cancers are carcinomas. Breast cancers that start in the linings of the milk ducts or the glands are considered adenocarcinomas.

- Ductal Carcinoma is cancer of the cells that line the milk ducts and ductal carcinoma in situ or DCIS is the most curable, in situ means it is only in your milk ducts and most likely will not spread. Invasive ductal carcinoma (IDC) is the most common type of breast cancer. It means that this cancer can spread outside the milk ducts. There are many types of invasive breast cancers.
- Medullary carcinoma is rare and looks like the soft grayish tissue of the brain.
- Mucinous carcinoma is also rare and it has a mucus type substance around the cells.
- Tubular carcinoma is rare too. This cancer grows slow and is treatable.
- Papillary carcinoma another rare cancer mostly affects older women.
- Cribriform carcinoma is rare also. It has a unique pattern of holes between the cells.
- Lobular carcinoma is the second most common and grows in the lining of the breast milk glands(lobules). It starts in the lobules then spreads to the tissue around them. It can get in your lymph nodes and spread to other parts of the body.
- Inflammatory breast cancer causes your skin to swell, turn red, and thicken, your skin may dimple and look like a rash. This cancer can spread quickly.
- Metastatic breast cancer means the cancer has spread beyond the breast. The most common place for it to spread are the liver, bones, or the lungs.

There is more information about the hormones that play a role in your diagnosis and how your cancer is staged. I have shared other valuable information from [WebMD](#). You can like their fb page or look them up on the internet. It is a great source for information, not only breast cancer.

July 15, 2024



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& Sherry Grinstead
RMC Chaplain, Jim Wilson
Historian & Photographer
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Pinks Boutique: For Appointment
Call our Office @ 256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207

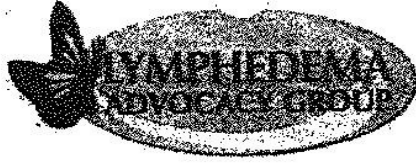
www.steelmagnoliasinc.org

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support

Email us @
info@steelmagnoliasinc.org

EXTRA! EXTRA! READ ALL ABOUT IT!



Lymphedema Treatment Act Final Rule Coverage Summary

What will be covered:

- Custom and standard fit daytime and nighttime garments.
- Custom and standard fit gradient compression wraps with adjustable straps.
- Bandaging supplies for any phase of treatment.
- Accessories including but not limited to donning and doffing aids, padding, fillers, linings, and zippers.

Frequency allowances:

- Daytime garments - 3 sets (one garment for each affected body part) every six months, standard or custom fit, or a combination of both.
- Nighttime garments - 2 sets (one garment for each affected body part) every two years, standard or custom fit, or a combination of both.
- Bandaging supplies - no set limit in the rule.
- Accessories - no set limit, will be determined on a case-by-case basis depending on the needs of the patient.

Coverage requirements:

- To be eligible for the above coverage, a patient must have been diagnosed with lymphedema and have a prescription for the compression supplies.
- Medicare coverage will begin January 1, 2024. There will be no retroactive coverage, meaning, you cannot submit claims for any garments or supplies purchased or ordered before 1/1/2024.

Codes and reimbursement rates:

- There will be 81 HCPCS codes specifically for lymphedema compression supplies, most of which are new, and the rule also outlines the process for the creation of additional codes in the future if needed.
- The corresponding reimbursement rates for these codes will be released soon and are not included in the rule.

Deductibles and copay:

- For traditional Medicare - these supplies will be covered under Part B, so the annual Part B deductible and 20% coinsurance apply to all compression supplies.
- For Medicare Advantage and all other types of insurance - out-of-pocket costs will vary depending on the specific terms of your plan. It is likely that your compression supplies will be subject to the same copay and deductibles as supplies covered under the DMEPOS (Durable Medical Equipment, Prosthetic and Orthotic Supplies) section of your policy.

For more information please go to CMS's new page for [Lymphedema Compression Treatment Items](#) or visit the Lymphedema Advocacy Group's website for the [Lymphedema Treatment Act](#).

June 2024 Minutes for Steel Magnolias Breast Cancer Support Group

President Elaine Johns called the meeting to order.

We had 28 in attendance.

Gloria Woosley opened with prayer.

Margaret Taylor introduced our guest speaker, Ashley Slaton. Ashley is a lymphedema therapist at The Tyler Center. Ashley explained how the lymphatic system acts as a filter. Following Breast Cancer fluid can back up and result in pain and swelling. This is more prevalent on the side and arm but can also be felt in the chest.

There are 3 stages of lymphedema: Stage 0 – No noticeable swelling. State 1 – Notice a little swelling that comes and goes. At this stage it is reversible. Stage 2 – Visible swelling, skin is hard to touch. It is manageable but cannot be reversed.

Ashley also discussed the types of compression garments. She also informed us about the Lymphedema Treatment Act that was passed in 2022 but became effective in January of this year. At this time Medicare and Medicaid will pay 80% for compression garments and hopefully other insurances will follow

Following Ashley's presentation President Elaine Johns called for the reading of the minutes from the previous meeting. In the absence of the secretary, Nancy Burnell read the minutes. Susan Dupree moved to accept the minutes as read and Steve Stephens seconded the motion.

**Chuck Trull gave the financial report. Beginning balance in June: \$17,086.06
Ending Balance: \$16,306.99.**

Margaret and Elaine made a plea for help in the office. Linda Barton and Susan Dupree volunteered to help.

Sherry Grinstead gave the devotional. She said that we all have problems that like Humpty Dumpty can't be put back the same. We have to trust God to make things right. He is the only one that can put us back together, not like we were before, but sometimes better. It is impossible for us but always possible with Him.

Each name on the prayer sheet was read and Walter Lawson prayed for them.

Our door prize winners were: Judy Pitts, Susan Dupree and Pam Staples!

Janet Reese moved to adjourn and Linda Barton seconded the move.

**Respectfully submitted,
Margaret Taylor
(In the absence of Brenda Parker)**

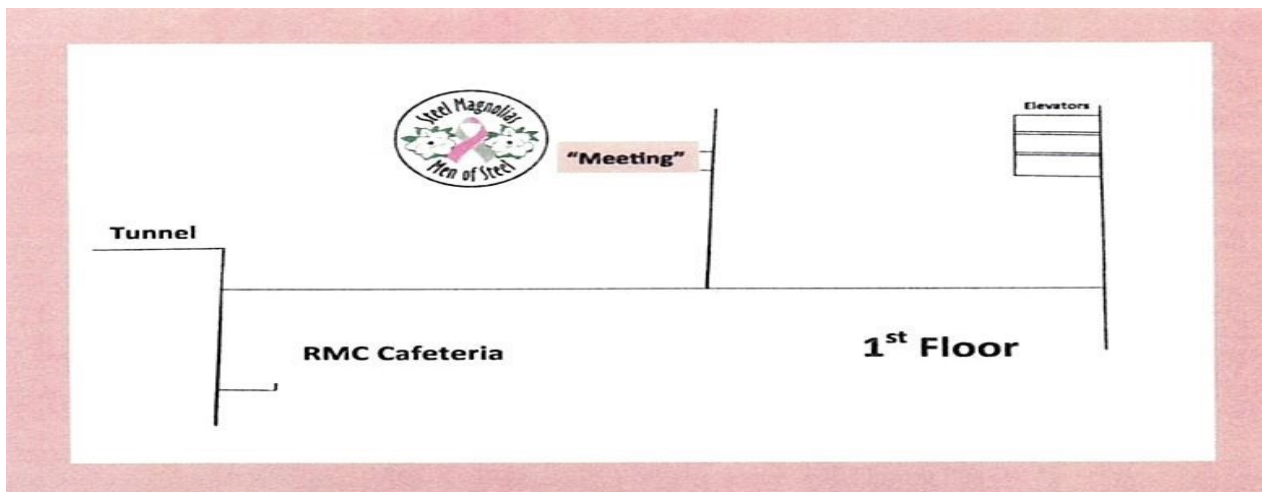


Birthdays and Anniversaries

**August 2nd is Susan Dupree's birthday and she is a 27, 12, and 4-year survivor!
August 13th is Pauline Anderson's birthday and she is a Volunteer!**

Up Coming Events

July 23rd is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Salad and Potato Soup; Steel Magnolias please bring side dishes and desserts. We plan for our speaker to be Matt ST. John from ST. John's Nutrition again Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.



August 27th will be our next newsletter mailing day. If you have anything for the newsletter please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 Anniston, Al 36202 by August 15th.

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Helpful Tips

I have a guy that is a corporate sponsor every year in the Lea Fite Golf Tournament. His wife is a breast cancer survivor and other members of her family has dealt with breast cancer also. He shared something quite interesting with me about a product called Mepitel Film. You place the film over the breast, your sternum, under your arm, and also on your back opposite of what you covered on the front. You wear it the entire time you have radiation and then you replace it and wear it for 2 week post radiation treatment. This protects the skin and minimizes skin damage. You can look this up by searching for Mepitel Film for Breast Cancer. It works for other cancers also undergoing radiation. You can watch a video of how it is applied and what to do while showering. You can also find links to purchase this product. Our sponsor told me that his sister in-law had no issues of damaged tissue while using this product. Ask your radiation oncologist also about using the film.

Please share any helpful tip that you used that may help others!

Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room.**
- **Breast Cancer Awareness Program is available to girls in grades 9-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry**

Ways You Can Help

- **Volunteer**
 - **Attend our meetings and get involved with us**
 - **Volunteer to work in our office and help with our fundraising events**
 - **Contribute: all contributions are tax deductible, we are a 501c3 tax exempt organization. Donations can be mailed to Steel Magnolias Breast Cancer Support Group, PO Box 2208 Anniston, Al 36202. All Contribution are used to provide services to breast cancer patients who reach out to us.**
- Pray for our ministry.**

Joggin' Inside

Prayers Count

A preacher and a cab driver died and arrived in heaven. They were given a tour of the place and then were shown to their new forever homes. They walked up to a huge mansion with all the bells and whistles and the guide said to the cab driver, "this is your new home! Welcome to Heaven!" A little further on they turned down an alley and arrived at a small, one-room shack. "Well preacher, this will be your home for all eternity. Welcome to Heaven!" The preacher was quite taken aback. "Wait a minute. I'm a man of God and spent my whole life preaching the gospel. Why do I get a small shack while a cab driver gets a huge mansion?" "Well preacher, here in heaven we go by results. When you preached, people fell asleep. When he drove, people prayed!"

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Who's Listening

My son asked me, why I spoke so softly in the house. I said because the Feds are listening. He laughed, I laughed, the ring doorbell laughed, my iPhone laughed, Siri, laughed, Alexa laughed and the white utility van parked at the corner laughed.

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Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco, and drinking beer when suddenly Bubba says, "Think I'm gonna divorce the wife - she ain't spoke to me in over 2 months."

Earl spits overboard, takes a long, slow sip of beer and says, "Better think it over; women like that are hard to find."

My Kid: I feel like you're always making up rules and stuff.

Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

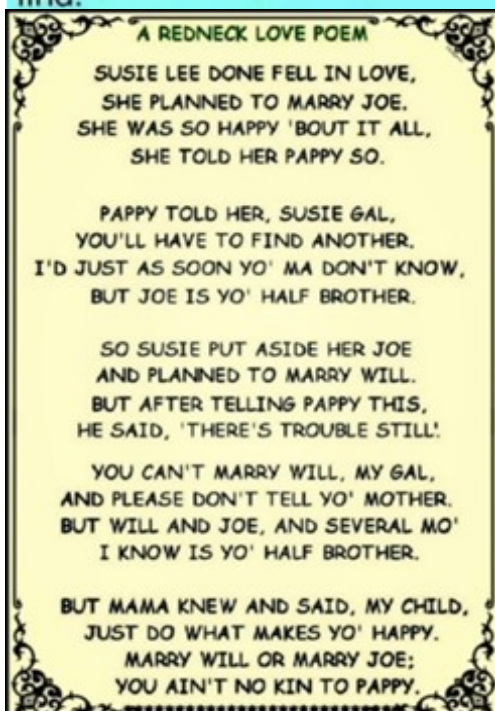
Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly.

A College Professor got up and said, "If GOD really exists then let him knock me out of my chair," Nothing Happened! the class was quiet. He said, now I will give it 2 more minutes. A Marine Vet stood up, punched him in the face knocking him out and off his chair, then sat back down. As the Professor came to he looked at his student and said, WHY DID YOU DO THAT? The Marine said, GOD was busy protecting my buddies still fighting for your right to say and do stupid stuff like this so. He sent me!

I LOVE THIS!!!



**if you live to be 100
you should make
up some weird
reason why, just to
screw with people,
like claim you ate a
pinecone everyday
or something**

**Marriage is about
understanding
what irritates your
spouse and using it
strategically.**

Sometimes someone unexpected comes into your life out of nowhere, makes your heart race and changes you forever. We call these people cops.

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**WISH WE COULD
CROSSBREED THE
MOSQUITOES
AND THE
LIGHTNING BUGS.
AT LEAST THEN
WE COULD SEE
THEM COMING.**

FASTING

D A N I A T S B A T E B L R
 E N D B O B R L S U M A E W
 C E I N T I M A C Y P H I O
 A K S F R B E E N D T T N R
 R L C E A J N V U S Y P A S
 G U I D E M D E E P F M D H
 Y E P S O K U R E I T O E I
 A T L T H R R O M R L A R P
 B D I P S H E L P I R E R M
 L V N R J A U L O T D E B B
 E A E E A A F M Y U Y G K I
 V L S N P L S U B A N R A B
 H U A E R E C K R L O O R L
 S E B W A Y D P E W E W G E

ABSTAIN

ENDURE

HELP

REVEAL

ASK

EMPTY

HUMBLE

SEEK

BARNABUS

ESTHER

INTIMACY

SPIRITUAL

BELIEVE

FAST

JESUS

TRANSFORM

BIBLE

FIND

MOTIVE

VALUE

CLARITY

GRACE

PAUL

WORK

DANIEL

GROW

PRAYER

WORSHIP

DEPEND

GUIDE

RELY

DISCIPLINE

HEART

RENEW

Created by Donna Houston
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