Digital mammography leads to better breast cancer detection

By Lt. Cmdr. Jeff Weigle, USNH Yokosuka Radiology Department

October is Breast Cancer Awareness Month. All women over age 40 and women with a family history of breast cancer are encouraged to schedule their mammogram as soon as possible. Mammography is an important tool in detecting breast cancer and can increase the odds of catching this cancer early and treating it successfully.

U.S. Naval Hospital (USNH) Yokosuka is proud to offer its beneficiaries completely digital mammograms. Digital mammography is proven to increase the rate of cancer detection and is especially more effective than film-screen mammograms for women under age 50.

USNH Yokosuka Radiology Department Head Lt. Cmdr. Jeff Weigle examines a digital mammogram of a patient. All women over age 40 and women with a family history of breast cancer are encouraged to schedule their mammogram as soon as possible. Mammography is an important tool in detecting breast cancer and can increase the odds of catching this cancer early and treating it successfully.
Photo by Richard McManus

This benefit is therefore very helpful to the Yokosuka beneficiary population. Also, digital mammography uses less radiation then film-screen mammography.

The hospital is a leader in offering this high-quality mammography to beneficiaries. Approximately 70 percent of U.S. screening facilities still use the older film-screen technology. Additionally, the hospital is the only facility in the area fully accredited to perform mammography per the guidelines of the American College of Radiology and the Food and Drug Administration Mammography Quality Standards Act. Furthermore, only USNH Yokosuka has American Board of Radiology board-certified radiologists on staff.

The hospital upgraded its mobile mammography van so that it, too, can perform digital mammograms. The mobile mammography van makes quarterly runs to the Sasebo and Iwakuni branch health clinics and serves approximately 200 women a year. This upgrade ensures that the same technology that is used within the hospital Radiology Department is now available to the beneficiaries at these outlying clinics.

Mammograms are effective in detecting cancer and detecting it early. For every 1,000 screening mammograms performed, approximately seven percent will be called back for further imaging and 10 of these will need a biopsy. Of the 10 women requiring a biopsy, three to four of those will be cancer, two of which will be at such a low stage that they are cured after initial treatment.

Women age 50 and over should be screened for breast cancer once a year and women ages 40 to 49 should be screened every one to two years. Women at increased risk for breast cancer, such as those who have a mother or sister with a history of breast cancer, have had a previous biopsy with atypical findings, or have not had a child until after the age of 30 should start mammographic screenings earlier.

Breast cancer is the second most common cancer; only lung cancer is more prevalent. More than 200,000 new cases are diagnosed annually in the United States. In the general population, a woman's lifetime risk of breast cancer is one in eight.

Mammography services at USNH Yokosuka are ordered through a beneficiary's primary care provider. After the provider has ordered the screening, the beneficiary can come to the Radiology Department front desk or call DSN 243-7418 to schedule an appointment. If the beneficiary has had prior mammograms, they are advised to request that these images be sent to USNH Yokosuka so a comparison can be made.

McNeil Consumer Healthcare recalls some Tylenol products

By McNeil Consumer Healthcare

McNeil Consumer Healthcare, the makers of Tylenol, is voluntarily recalling certain lots of children's and infants' Tylenol liquid products that were manufactured between April 2008 and June 2008. All products manufactured met internal specifications. However, the company is implementing this recall because during this period, an unused portion of one inactive ingredient did not meet all quality standards. Therefore, as a precautionary measure, it was decided to recall all children's and infants' Tylenol liquid products which were made during this time.

Parents and caregivers who have questions or concerns should contact their child's health care provider or our consumer call center at 1-800-962-5357 (available Monday-Friday 8 a.m. to 8 p.m. eastern standard time). Consumers can find the lot numbers on the bottom of the box containing the liquid product and also on the sticker that surrounds the product bottle.

These actions do not apply to Children's Tylenol Meltaways and Junior Strength Tylenol Meltaways. The voluntary recall applies only to select lots of children's and infants' Tylenol liquid products.

The lot numbers of the affected products are listed below.

Lot #	Product Description
SBM041, SBM067, SCM037, SDM027, SEM109	Children's Tylenol Plus Cold MS Suspension 4 oz. Grape
SBM042, SCM015, SCM036, SDM034	Children's Tylenol Suspension 4oz. Grape
SBM043, SBM044, SCM029	Children's Tylenol Suspension 4oz. Bubble Gum
SBM045, SCM011, SCM030, SDM035	Children's Tylenol Suspension 4oz. Strawberry
SBM064, SCM033, SDM020	Infant's Tylenol Grape Suspension Drops 1/4oz.
SBM065, SCM005, SCM006, SDM032	Infant's Tylenol Suspension 1/2oz. Cherry
SBM066, SCM068	Children's Dye Free Suspension 4oz. Cherry
SBM068, SCM035, SCM070, SCM080, SDM005	Children's Tylenol Suspension 4oz. Cherry
SBM069, SBM070, SCM081, SDM006	Children's Tylenol Plus Cough & Runny Nose 4oz. Cherry
SCM012, SCM067, SDM007, SDM068	Infant's Tylenol Suspension Drops 1/2oz. Grape
SCM013, SCM014, SCM069	Children's Tylenol Plus Flu 4oz. Bubble Gum
SCM016, SFM024	Children's Tylenol Plus Cold Suspension 4oz. Grape
SCM017	Children's Tylenol Plus Cough/ST Suspension 4oz. Cherry
SCM082, SDM039, SDM040	Infant's Tylenol Suspension Drops 1oz. Grape
SCM083, SCM084, SDM008	Infant's Tylenol Dye Free Suspension 1oz. Cherry
SDM064	Children's Tylenol Pediatric Suspension 1oz. Cherry
SDM038, SDM009	Infant's Tylenol Suspension Drops 1oz. Cherry
SDM033	Children's Tylenol Plus Cold/Allergy 4oz. Bubble Gum
SDM078	Infant's Tylenol Drops 1oz. Grape
SCM034	Infant's Tylenol Grape Suspension Drops H/G 1/2oz.
SDM028	Children's Tylenol Suspension 4oz. Cherry, Hospital Govt.

Yokosuka Red Cross reaches out to Afghani school children

By Emma Gallimore, Yokosuka Red Cross Publicity Chair

Yokosuka Red Cross sent a shipment of school supplies to a school in Afghanistan this month as part of its Afghani School Outreach Program.

In August, Commander Fleet Activities Yokosuka (CFAY) gave Yokosuka Red Cross a grant of $1,000 to begin an outreach program. The money was originally intended to be spent on toys for Afghani school children but Station Manager Cecil Goodman thought there was more that could be done.

"Toys are good," Goodman said. "But we want to make sure they are getting the right things - what they need."

With the help of a U.S. Army lieutenant stationed in Afghanistan, Goodman determined that what the kids really needed was not toys, but school supplies.

The students need backpacks, notebooks, pens and pencils, the lieutenant told him. But there was a slight complication. The Yokosuka Red Cross had $1,000 to spend and the school has more than 1,500 students.

The original plan of sending each child a backpack full of school supplies was not going to work, at least, not without some help.

Red Cross Youth volunteers contributed by decorating donation boxes for the Yokoskua Navy Exchange (NEX) and the CFAY Chapel of Hope. Anonymous members of the CFAY community donated supplies bought at the NEX.

In September, The Yokosuka Red Cross shipped more than $1,000 worth of school supplies to Afghanistan; but Goodman said many more are needed to give every child basic supplies.

The next shipment is scheduled for Oct. 16. Yokosuka Red Cross has sent letters to command ombudsmen, chaplains and fleet readiness groups asking for donations. For more information about what supplies are needed and how you can help, call Yokosuka Red Cross at 243-7490.