



Village is convenient location for breast health



As part of the Bearden-Josey Center for Breast Health, Village Hospital Imaging Services offers an ideal setting and location for a screening mammogram in the Greer area, just off I-85.

In addition to the very latest technology in breast imaging, patients can expect a spa-like atmosphere: soft robes, low lighting and eye-catching floral arrangements.

To make it even easier to get a mammogram, we accept walk-ins and same-day appointments. The only requirement is that patients provide the name of their physician, so the results can be sent to their medical record. A typical appointment lasts just under 30 minutes.

Screening mammograms are performed at the Village Hospital campus. A screening mammogram is an X-ray of the breast that is used to check for breast cancer in women who have no signs or symptoms of breast cancer.

If a screening shows a suspicious sign, then a diagnostic mammogram follows.

Diagnostic mammograms are performed at the Bearden-Josey Center for Breast Health in Spartanburg. A diagnostic mammogram is an X-ray of the breast that is used to check for breast cancer after a lump or other sign or symptom of breast cancer has been identified. This is a routine next step, often showing an "all-clear," allowing peace of mind.

In a soothing, peaceful environment, the Bearden-Josey Center for Breast Health is a state-of-the-art imaging center. It consolidates digital mammography, ultrasound, stereotactic breast biopsy, breast MRI and bone densitometry into one easily accessible, outpatient location.

The center features gardens, a fountain, original artwork and large, airy spaces formed by vast expanses of glass.

Combining all breast health services, the center is all about convenience and choices, calming and comforting visitors with its healing gardens and light-filled interior.

As the only center of this type in the region, all of the latest technology and services are conveniently located under one roof, eliminating the need to visit multiple locations for treatment. In this center, the women experience an atmosphere of prompt, personal attention.

Using the center's Patient Navigation Program, patients are literally guided by caring and comfort, from registration to diagnosis to treatment.

Unique features include:

- Licensed breast health social worker
- Experienced imaging technologists that are registered in breast imaging
- A radiologist that is fellowship trained in women's imaging
- Same-day results for diagnostic work-up
- Full-field digital mammography
- Weekly Multi-disciplinary Breast Cancer Clinic
- High-risk Breast Clinic

The Bearden-Josey Center for Breast Health is the only breast health center in the Upstate to have the following two accreditations: 1) Nationally recognized as a Breast Imaging Center of Excellence by the American College of Radiology and 2) Accredited by the National Accreditation Program of Breast Centers.

In addition to the Village Hospital and Bearden-Josey Center for Breast Health sites, screening mammograms are also available at the Woman's Clinic on Heywood Avenue in Spartanburg, Spartanburg and Pelham OB-GYN at North Grove Medical Park Drive and Mobile Mammography services.

For more information on breast health screening, please visit spartanburgregional.com. To schedule a mammogram at the Village at Pelham, please call 864-849-9399.





VILLAGE HOSPITAL

A division of Spartanburg Regional Healthcare System

250 Westmoreland Rd.
Greer, South Carolina 29651

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Featured Events

As part of our commitment to keeping you healthy, active and informed, the Village Hospital offers a wide selection of health education classes, seminars and events. Register today at villageatpelham.com or call 864-849-9470. Programs are held in the Village Hospital Community Center (located within the Medical Office Building), unless otherwise noted.

MIND-BODY SKILLS GROUP

Tuesdays, October 4-November 22 • 2-4 p.m.

Community Center

The Mind-Body Skills Group is an eight-week program to learn the scientific basis for mind-body medicine, while experiencing the power of the small group approach. Participants learn to use a range of the most effective tools for self-care and stress management. Tuition for the course is \$300 and financial assistance is available for those who qualify. The Mind-Body Skills Group includes a 30-minute private interview with the instructor before the first class. The facilitator is John Simmons, M.D., certified in Mind-Body Medicine. To register, call 560-1981.

SPIRIT OF WOMEN GIRLS' NIGHT OUT

Thursday, October 13 • 6:30-8 p.m.

Medical Office Building

Join us to celebrate your health as your best accessory. Learn tips and techniques to discover your "purse-onality" and improve your health, no matter what your age. Health screenings, shopping, dessert, fashion show and more! Register at villageatpelham.com for this free program.

IS COSMETIC SURGERY FOR YOU?

Tuesday, October 18 • 6:30 p.m.

Community Center

John Lettieri, M.D., of Carolina Plastic Surgery, will discuss the latest cosmetic surgery techniques available. He will present "before" and "after" photos, and will answer your questions about cosmetic plastic surgery. All attendees will receive special discounted offers.

For more information or to register, visit drlettieri.com or call 583-1222.

HEALTHCARE DECISIONS DAY

Tuesday, October 25 • 6:30-7:30 p.m., coffee and dessert served

Community Center

Advance Care Planning is a comprehensive approach to priority setting for patients who have or anyone who may develop serious illness. Speaker Wes Collins, MA, Advance Care Planner with Spartanburg Regional, will provide practical dialogue and assistance for completing important healthcare documents and suggestions for these conversations. Register online for this free event.

SCHOOL'S IN: PREVENTION OF KNEE INJURIES IN YOUNG ATHLETES

Thursday, October 27 • 6:30 p.m., coffee and dessert served

Community Center

Physical therapists Doug Wix and Todd Johnson of Village Hospital Rehab Services will explain how coaches, parents and student athletes can work together to help prevent knee and joint injuries and muscle strain. In observing October as National Physical Therapy Month, they will also discuss the importance of warming up and cooling down, an essential part of any workout. Register online for this free event.

A NEW YOU: OPTIONS IN SURGICAL WEIGHT LOSS

Thursday, November 17 • 6:30 p.m.

Community Center

Jason Johnson, D.O., of Spartanburg Regional Weight Loss Services will discuss the types of surgical weight loss available: sleeve gastrectomy, LapBand® and Roux-en-y gastric bypass. Bring your questions and concerns and learn more about getting to and keeping a healthy weight. Register online for this free event.

Community Health Talk

Toni Conner, R.N. | community resource nurse,
the Village Hospital



I recently had the opportunity to meet two older gentlemen who touched my heart and reminded me that you never know what people have been through, or what they are going through, until you take the time to sit and listen. Each of these men came to the Village at Pelham wearing veteran caps—one stating, "WWII Veteran" and the other "Korean War Veteran." These caps opened the door for our conversations about their military service.

The WWII veteran has stopped by my office several times to discuss a health condition that is plaguing his wife of 50-plus years. He is her caregiver and wants health information, so he can provide her with the best possible care. I have been happy to help him, and it has been an added bonus to talk with him about his military service. He is proud of his service and having the chance to talk about those days seems to bring back a mixture of both good and difficult memories.

The other gentleman served in the Korean War and reminded me of my dad who also served in that war.

This man went to Korea when he was only 17 years old and was on the front lines for three years. At one point he suffered major burns on his legs and arms. After a short recovery in the Army hospital, he returned to fighting on the front line. Despite the injuries, he said he would do it all again because he loves this country and the people in it.

It was an honor to talk with both of these men and with all the people I have met who have served our country so well. This Veteran's Day and every day, please join me in thanking those who served and those who currently serve to keep our country safe and free.