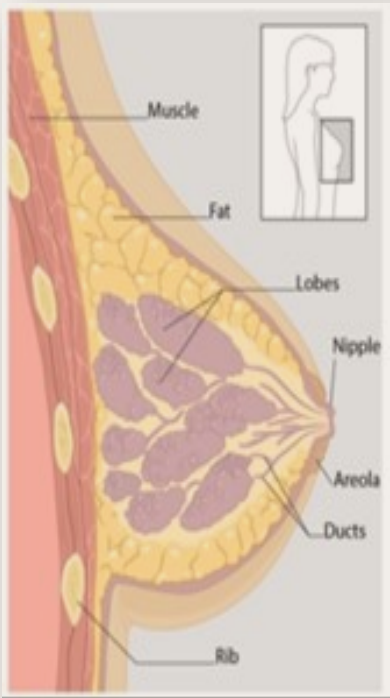
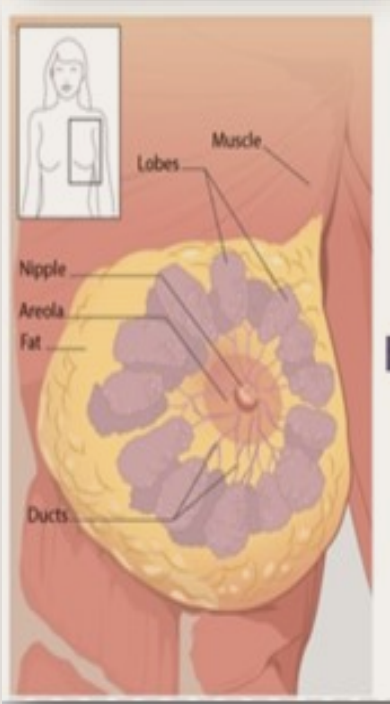




In This Issue:

- ◇ Monthly Article
- ◇ Photography Contest Entries
- ◇ Special Congrats
- ◇ Monthly highlight
- ◇ Shout-Outs
- ◇ Recipe of the Month



Content source: [Division of Cancer Prevention and Control, Centers for Disease Control and Prevention.](#)

Info last reviewed: September 22, 2021.

NEWS FROM THE HEART



What Is Breast Cancer?

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules.

Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.

Kinds of Breast Cancer

The most common kinds of breast cancer are—

- **Invasive ductal carcinoma.** The cancer cells begin in the ducts and then grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.
 - **Invasive lobular carcinoma.** Cancer cells begin in the lobules and then spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.
- There are several other less common kinds of breast cancer, such as Paget's disease, medullary, mucinous, and inflammatory breast cancer.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Screening and Early Detection Help Better the Chances for Successful Treatment of Breast Cancer

HFHC is Partnering with Radiology Associates to offer Screening Mammograms at **NO COST** for the Month of October.

Please call **352.671.4300** to Make Your Appointment Today.

Please Mention Heart of Florida Health Center When Making Your Appointment.

Together We Can Make A Difference!



congratulations

To our new

CHIEF OF OPERATIONS



ENTRIES

Winner will be announced next month

Photography Contests



Pets by Elsa Chavez



Pets by: Rebecca Albino



Pets by: Rebecca Albino



Family by Carol Dyer



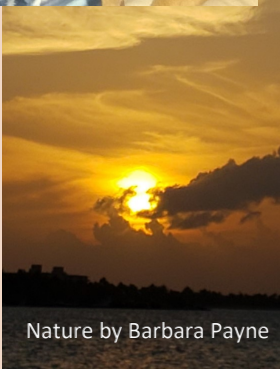
Nature by Barbara Payne



Pets by Vicky Smith



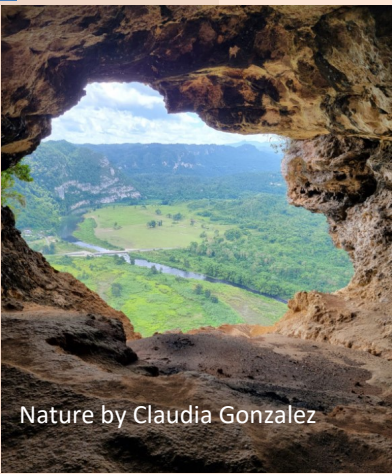
Nature by Heather James



Nature by Barbara Payne



Nature by Heather James



Nature by Claudia Gonzalez



Nature by Heather James



MONTHLY HIGHLIGHT

We are so proud of our very own Director of Pharmacy, Dr. Chandra Evans to grace the cover of [Ocala Style Magazine](#) (with her sister Dr. Sharla E. Gary) this month! Dr. Evans has been an intricate part and tireless leader in opening 5 HFHC Pharmacies in 3 years! HFHC and HFHC patients are so fortunate for Dr. Evans' vision, experience, and dedication. **CONGRATULATIONS** Dr. Evans!

To read the full article please visit :

https://issuu.com/ocalastyle/docs/_book_1021_dd08a83f0bc28c



Yasmin Ramasco, MSN,
APRN, ANP-C



Lori Mobley,
Board Certified NP

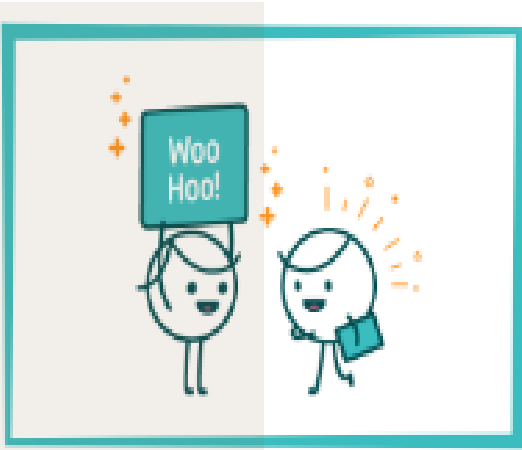
In this podcast, Yasmin discusses Celiac disease with special guest Lori Mobley, Board Certified Nurse Practitioner at Gastroenterology Associates.

The "Healthcare from the Heart" podcast is hosted by Yasmin Ramasco, MSN, APRN, ANP-C.

This episode was released on 9-28-21.

<https://soundcloud.com/myhfhc/healthcare-from-the-heart-11-celiac-disease>
<https://soundcloud.com/myhfhc/healthcare-from-the-heart-11-celiac-disease>





Shout-Out to	Shout-Out from
Marisha gave my fiancé and myself the monoclonal antibody therapy. Not only was she exceptionally kind, funny and professional throughout, but her hands are blessed by God - neither of us felt the shots. Thank you Marisha for all that you do - HFHC is lucky to have you!	Dr Shannon Schreiner - pharmacist, Belleview
To my amazing quality team who are extremely passionate about doing what is right for both the institution and the community. A huge thank you to our fearless leader - Carali McLean, for guiding us every step of the way!	Rebecca Garcia - Population Health
Cindy O'Connor-HFHC Main- Cindy is always such a helpful, kind and caring manager!! She always is there to help in anyway she can for the patients and for her team!!	Sonya Price HFHC West
Case Management Team- Cindy O'Connor, Rochelle Davilla, Laketa Taylor- such a great team of caring ladies that are always willing to go above and beyond to help our patients get to the resources that they may need.	Sonya Price, Case Manager HFHC West and Southwest
Heather Paul in Belleview Office. She was very pleasant and professional; great customer service skills. She greets people, makes eye contact, she uses good manners and also acknowledge people not only when they come for service but when they leave. Keep up the good work Heather, thank you!	Sarahi Lara - Administration
I would like to give a SHOUT OUT to HFHC as an organization! You all continue to give tirelessly in your respective positions and deserve to be recognized! Give yourselves a hand...You All ROCK!	Heather James ~ Admin
Tameka Fontenot, OFC Coordintor. Tameka did an outstanding job helping add pharmacy to Belleview and overall a great job planning coverage for all her offices. Great team	Christina Sasina, Medical Practice Manager



At Heart of Florida Health Center we care about our employees and everything they do. Starting with our next issue we would like to give a big Shout– Out to those who deserve it.

A simple gesture can brighten up someone's day. Giving a shout-out is a great way to recognize your peers for their work, talent, and living our institutional values, and to contribute to a culture of appreciation, community, and kindness.

If you know of someone who deserves to be recognized please send in your shout out via this link below.

<https://www.surveymonkey.com/r/Nov2021Shoutouts>



CONGRATULATIONS to Maria, Chief Operating Officer, Levonda, Dir. of Clinical Operations, & our 2021 Hometown Hero Winner... Jackie, Administrative Medical Assistant & Population Health Coordinator! You all make a difference everyday and are so deserving of this recognition and award!



Pesto Quinoa Bowls with Roasted Veggies and Labneh

By: **PureWow Editors**

PREP: 10 MIN COOK: 40 MIN TOTAL: 50 MIN

INGREDIENTS

4 servings

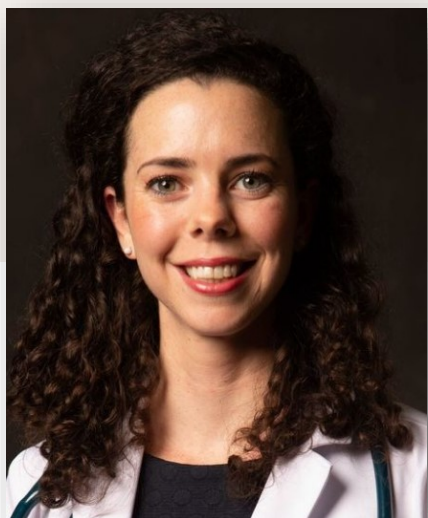
- ☐ 1 large Japanese eggplant, cubed
- ☐ 1 medium zucchini, cubed
- ☐ 1 pint cherry tomatoes, sliced in half
- ☐ Handful of romano (or green) beans
- ☐ Extra-virgin olive oil
- ☐ Kosher salt and freshly ground black pepper
- ☐ 1 cup quinoa, rinsed
- ☐ ½ cup of your favorite pesto (either homemade or store bought)
- ☐ 1 cup of labneh or Greek yogurt



- ☐ 1 garlic clove, minced
- ☐ Juice from ½ lemon
- ☐ Handful of cilantro or parsley (or both!), roughly chopped

DIRECTIONS

1. Preheat the oven to 400°. Line a large baking sheet with parchment paper and arrange the eggplant, zucchini, cherry tomatoes and beans on it. Drizzle the olive oil over the veggies and season with salt and pepper. Roast until all of the veggies are tender and caramelized, 30 to 40 minutes.
2. Meanwhile, add the quinoa to a medium saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover, reduce to a simmer and cook for 15 minutes. Once the quinoa is done cooking, remove the lid, fluff with a fork, and allow to cool. Once the quinoa has cooled slightly, toss it with the pesto.
3. Mix the labneh, garlic, lemon juice and herbs together in a small bowl.
4. Assemble each bowl by adding quinoa and arranging the veggies in rows to look like a rainbow. Then add a dollop of the labneh on the side.



Physician's Assistant Day part of National PA Week!

This week celebrates and recognizes the PA profession and its contributions to the Nation's health and value to overall healthcare. We are fortunate to have Caroline, PA as one of our Providers! Thank you Caroline for all you do for your patients and HFHC!

