the Telehealth Times



BREAST CANCER AWARENESS MONTH

October 2026

PALMETTO CARE CONNECTIONS™
technology. broadband. telehealth.

KAMRYN'S CORNER

Hi everyone! October is Breast Cancer Awareness Month. This month is dedicated to raising awareness, promoting early detection, encouraging regular breast screenings,and supporting individuals who have been diagnosed with breast cancer. Bamberg Family Practice now has the equipment and capability to perform mammograms in office. Please call me to get a telehealth visit scheduled to discuss an order for a mammogram with your provider.



Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

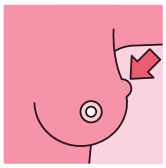
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Breast Cancer Awareness

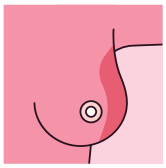
Breast Cancer Symptoms

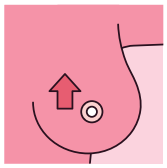
Listen to your body, silence can cost lives, know the signs, fight on

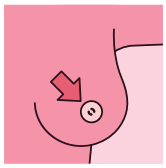
Common Breast Cancer Symptoms

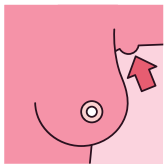

Lumps or Swelling

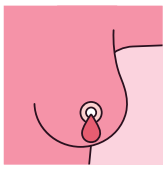

Breast or Nipple Pain

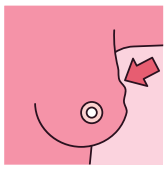

Redness on Skin

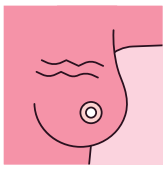

Change in Breast Size


Retracted or Inverted Nipple


Lump around Armpit

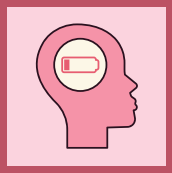

Nipple Discharge


Skin Dimpling


Texture Change

Less Common Symptoms

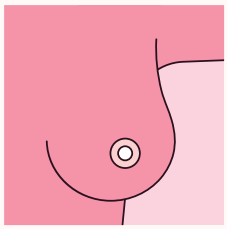

Weight Loss


Fatigue


Persistent Breast Itching

Breast Cancer : Stages

Stage 0



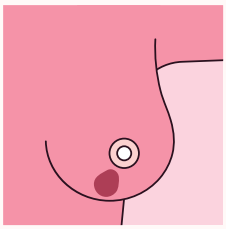
100 %

Survival Rate

Non-invasive Tumor < 2 cm

Least Harmful
Easiest to Control

Stage 1



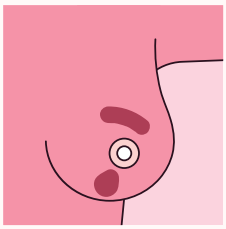
99 %

Survival Rate

Invasive Tumor < 2 cm

Early Stage cancer
Easy to Control

Stage 2



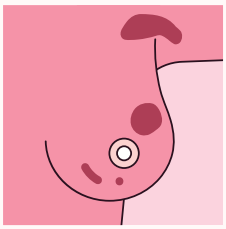
90 %

Survival Rate

Tumor is 2-5 cm

Early Stage
Cancer might have Spread

Stage 3



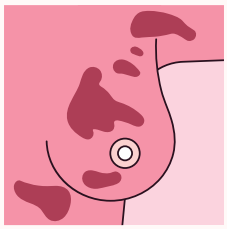
65 %

Survival Rate

Tumor > 5 cm

Risky Stage
Cancer Begins to Spread

Stage 4



22 %

Survival Rate

Tumor Spread to Other Organs

Alarming Stage
Metastatic Cancer

https://www.breastcancer.org

Breast Cancer Awareness

RISK FACTOR



WHAT YOU CAN YOU DO



Male Breast Cancer

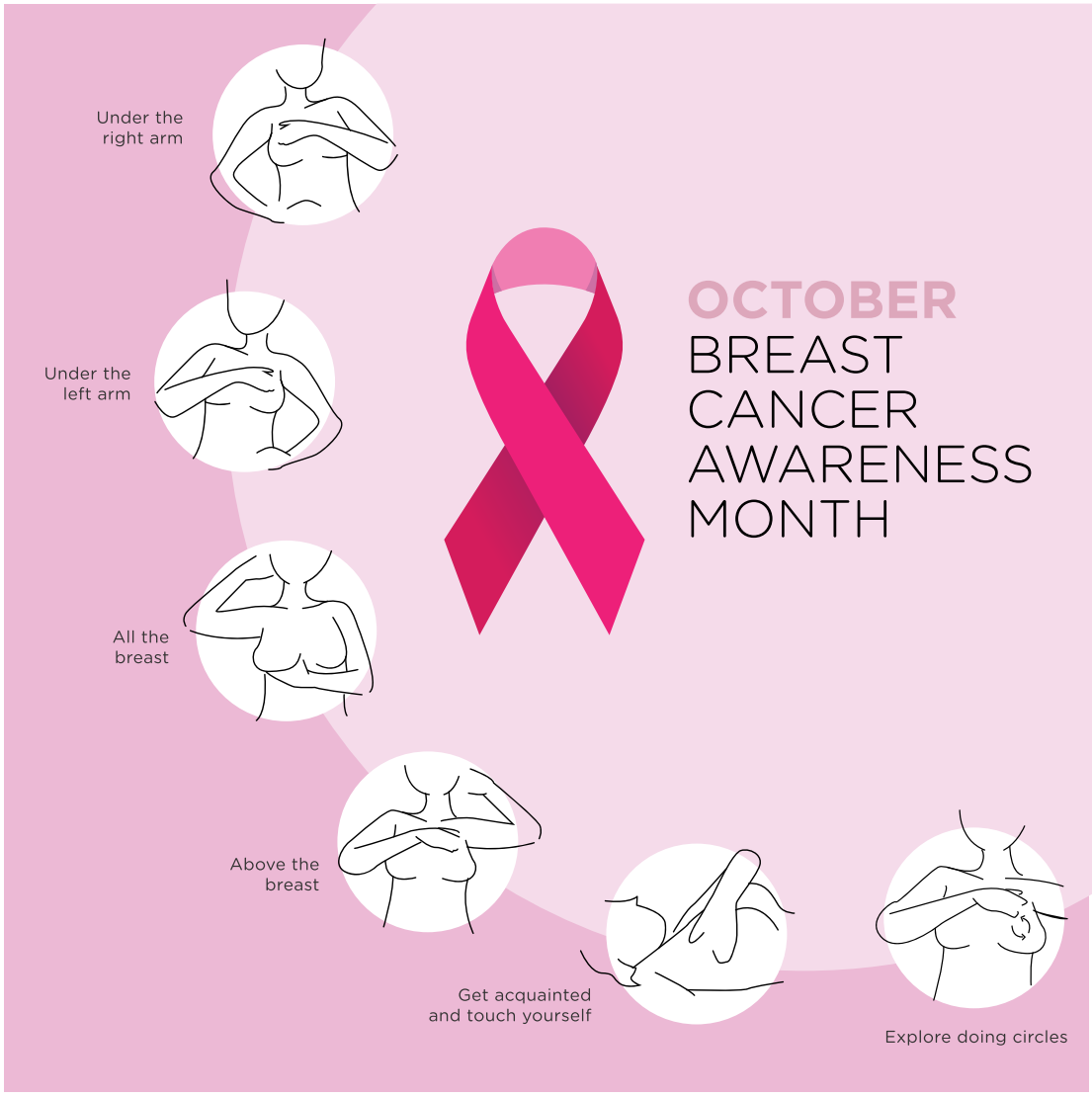
causes and risk factors

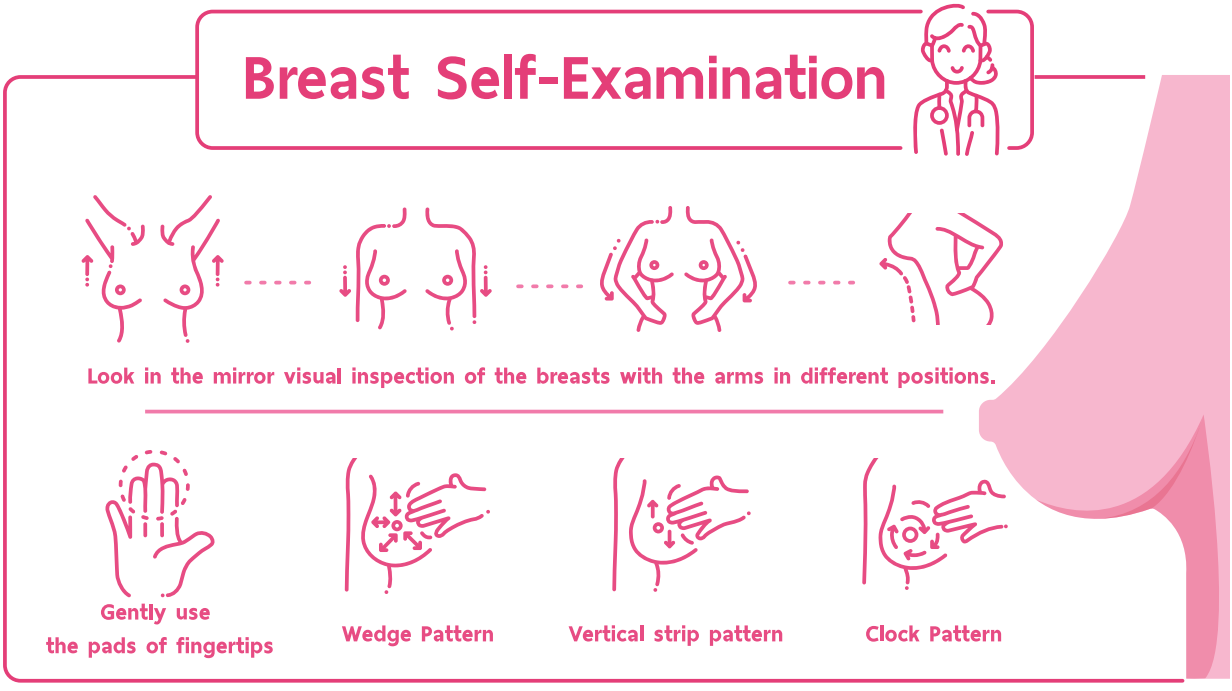




Breast Cancer Awareness

A self-examination of your breast should be performed once a month, ideally on the same day each month. For example, the 1st of every month. Use the pads of your three middle fingers for the recommended palpation technique.





https://www.breastcancer.org

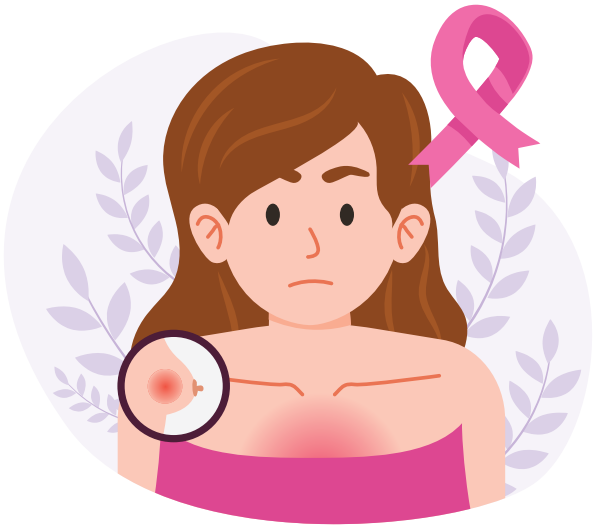
TELEHEALTH

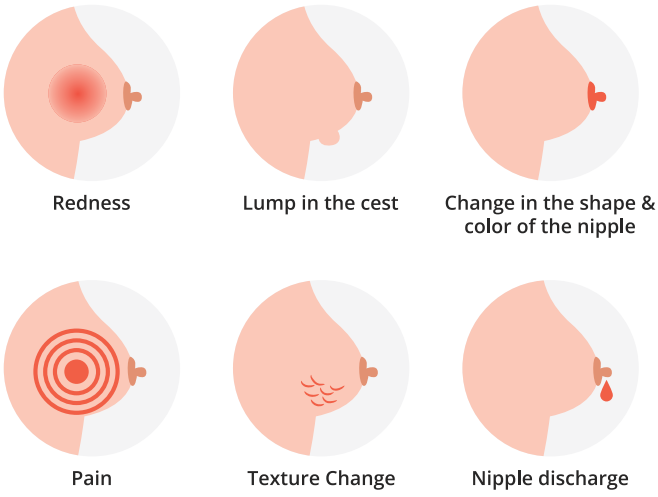
How Telehealth Can Help Breast Cancer Patients

- More Convenient Appointments
- Ongoing Support
- Quick Answers to Questions
- Manage Treatment Side Effects
- Access to Specialized Care



SYMPTOMS





https://www.breastcancer.org

A goodbye & a hello

As the seasons change, so does life. I will be closing my chapter at Palmetto Care Connections as the Remote Patient Monitoring Telehealth Coordinator this month. As I say farewell, I do so with a heart full of gratitude for the privilege of caring for and getting to know each of you. Rest assured, you will be in good hands.

COMING NEXT MONTH

New Faces

Same Compassionate Care



PALMETTO CARE CONNECTIONS™

technology. broadband. telehealth.

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS

Technology
Telehealth
Broadband
Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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