



## Vitruvian Views Provider Newsletter • 4th Quarter 2020

### In This Issue...

- Breast Cancer Awareness Month
- National Diabetes Month
- National Handwashing Day

### Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a worldwide annual campaign, involving thousands of organizations, to highlight the importance of breast awareness, education, and research.

Read more on pg. 02

## “Fall back into health”

### Important Information

Questions? 213.275.0330

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# The best protection is early detection.



Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Here are different symptoms of breast cancer, and some people have no symptoms at all.

Symptoms can include:

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

In the United States, more than 245,000 women get breast cancer and more than 40,000 women die from the disease. Importantly, men also get breast cancer, but it is not very common; less than 1% of breast cancers occur in men. Most breast cancers are found in women who are 50 years old or older, but breast cancer can also afflict young women. About 10% of all new cases of breast cancers in the U.S. are found in women younger than 45 years of age.



## Breast Cancer Facts

- 1 in 8 women in the United States will develop breast cancer in their lifetimes
- Although rare, men get breast cancer too. In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die
- There are over 3.5 million breast cancer survivors in the United States
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States
- 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%

## Breast Cancer ICD 10 Diagnosis Codes

Breast Cancer is located under "Neoplasms" although the codes of Neoplasms in ICD 10 diagnosis codes are C00 - D49. Then, Breast Cancer can be found under "Malignant neoplasms" of breast (ICD 10 Code C50 - C50). ICD 10 C50 malignant neoplasm of breast has sub categories as listed below:

- C50.0:** malignant neoplasm of nipple and areola
- C50.1:** malignant neoplasm of central portion of breast
- C50.2:** malignant neoplasm of upper-inner quadrant of breast
- C50.3:** malignant neoplasm of lower-inner quadrant of breast
- C50.4:** malignant neoplasm of upper-outer quadrant of breast
- C50.5:** malignant neoplasm of lower-outer quadrant of breast
- C50.6:** malignant neoplasm of axillary tail of breast
- C50.8:** malignant neoplasm of overlapping sites of breast
- C50.9:** malignant neoplasm of breast of unspecified site

**“Knowing it exists is not enough.**

**Get informed. Pass it on.”**

The next number of the code determines whether it is female (1) or male (2). For example, C50.01 is the ICD 10 Code for malignant neoplasm of nipple and areola, female whereas C50.02 is the ICD 10 Code for malignant neoplasm of nipple and areola, male.

Then, the next number after that determines the location of the breast cancer: right (1), left (2), or unspecified (9). For example, C50.111 is the ICD 10 Code for malignant neoplasm of central portion of the right female breast, C50.112 is the ICD 10 Code for malignant neoplasm of central portion of left female breast, and C50.119 is the ICD 10 Code for malignant neoplasm of central portion of the unspecified female breast.

The rules of the codes for Breast Cancer in ICD 10 are consistent like that until C50.9. Categories under ICD 10 Code C50 (C50.0 - C50.9) are similar to categories under ICD 9 Code 174. Breast Cancer ICD 9, ICD 10 Diagnosis Codes are not significantly different as they are easy to be understood and used.



# National Diabetes Month



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products
- Manage your A1C, blood pressure, and cholesterol levels
- Develop or maintain healthy lifestyle habits — be more physically active and learn ways to manage stress
- Take medicines as prescribed by your doctor



# Wash Your Hands



There are 4 basic principles of handwashing:

1. Wash your hands when they are dirty and before eating
2. Do not cough into your hands
3. Do not sneeze into your hands
4. Above all, do not put your fingers into your eyes, nose, or mouth.

The first week of December is National Handwashing Awareness Week. Handwashing is more important now more than ever. Personal hygiene begins and ends with our hands. And though we are taught as youngsters to wash our hands before dinner, it is important to remember that germs do not care what time of day it is. Clean hands prevent sickness. It is especially important to learn the basics about hand hygiene. Handwashing is an effective tool to prevent the flu, adeno virus, the common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, pneumonia, TB and many more!

## Key Times to Wash Your Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After using the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

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