

# Healthy Focus

Home is HCMC



Our visitation policy has changed. [Read more.](#)



Community Calendar

Visit <https://www.hcmc-tn.org/topic/events/> for updates on classes, events, and screenings.



## The Latest Breast Cancer Screening Recommendations

Sometimes it seems as if there's a new guideline every month about how to reduce breast cancer risk. But one of the best ways to protect your breast health is a strategy you already know: Schedule an annual mammogram.

While the threat of COVID-19 may make you re-consider keeping your scheduled mammogram appointment, it's important to keep up with your recommended screenings and vaccines. That's because research shows that women who have regular mammograms are more likely to find early cancers, to need less aggressive treatment and to find a cure than women who don't have regular mammograms.

HCMC'S Women's Center at the Diagnostic Center is offering a special gift to patients during the month of October and November. To schedule a mammogram, call (731) 644-8486.

[Read More](#)



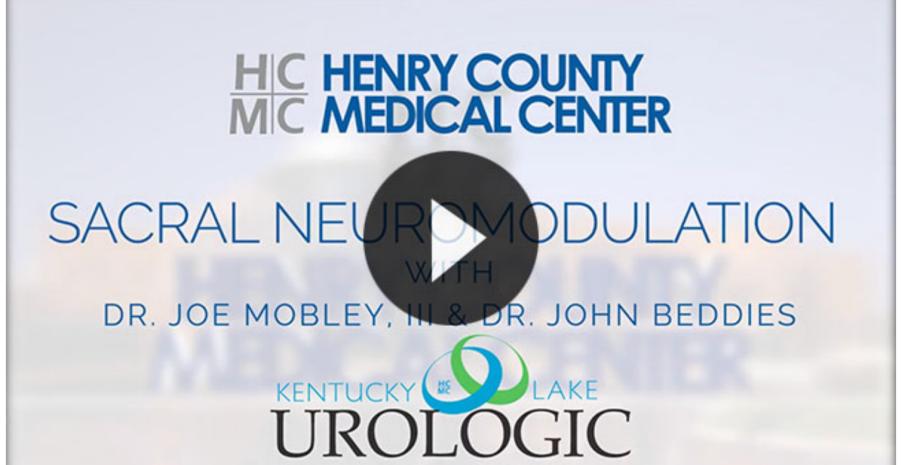
## Should You Take a Sleep Aid?

If you're tossing and turning at night, you're not alone. The Centers for Disease Control and Prevention estimates that 50 to 70 million American adults have a sleep disorder. And an eye-opening survey by the National Sleep Foundation found that women report more insomnia and sleep disturbances than men.

Reaching for a sleeping pill—sold over the counter or by prescription—is one solution, but it's not always the best remedy. Here's a look at when to consider medication for better shut-eye.

[Read More](#)

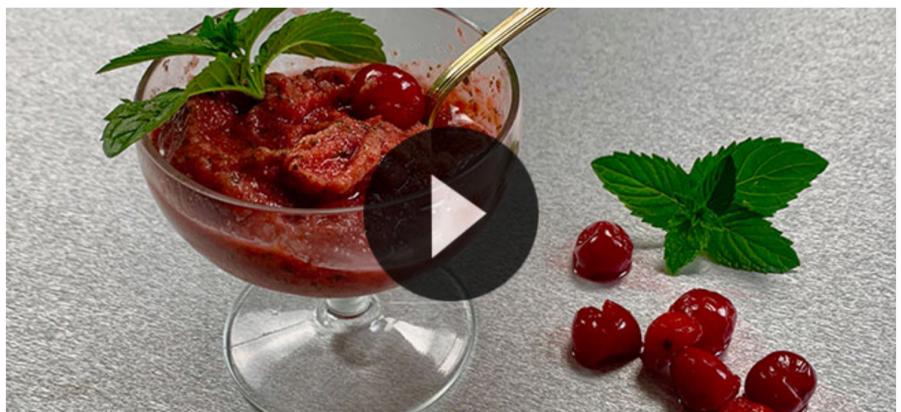
## Physician Spotlight



## Kentucky Lake Urologic Associates Now Offering New Technology for Incontinence

More than 37 million adults in the United States – almost one in six – suffer from overactive bladder (OAB) and nearly 18 million Americans – about one in 12 – have fecal incontinence (FI). It is life-altering because many sufferers limit their lives socially, professionally, and personally, but it is treatable.

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## Cherry Sorbet

Cherries are packed with nutrients and are rich in antioxidants and anti-inflammatory compounds. Because they contain melatonin, they may improve sleep quality.

[Read Full Recipe](#)

