

# Healthy Focus

Home is HCMC



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



### [Blood Pressure Checks](#)

11/3/2020, 9:00 AM at Henry County Office on Aging

### [Chronic Disease Management Screening](#)

11/11/2020, 7:00 AM at HCMC Classrooms 2 & 3

### [Blood Pressure Checks](#)

11/17/2020, 9:00 AM at Henry County Office on Aging

### [Join us for the following Facebook Live Lunch to Learns:](#)

- 11/10/2020, 12:00 PM: Home Health vs. Hospice Care, Presented by Cynthia Stigall, Director of HCMC Home Health and Hospice and Denise Brogdon, Supervisor of Hospice
- 11/17/2020, 12:00 PM: "Too Busy to Be Dizzy – When To Worry When You Become Dizzy", Presented by Amanda Finley, DO, Hospitalist

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



## The One Cancer You Can Prevent: Cervical Cancer and HPV

If an ounce of prevention is worth a pound of cure, then the scales are definitely tipping against cervical cancer. Primarily caused by the human papillomavirus (HPV), cervical cancer strikes approximately 13,000 women annually and kills as many as 4,000 each year, according to the National Cervical Cancer Coalition.

While those numbers are sobering, the good news is that new research is making it possible to ward off HPV, drastically lessening the chance of developing cervical cancer.

[Read More](#)



## Squash Your Way to Health

You may prize squash for its autumnal good looks, or rue your overly ambitious plantings if you're a gardener facing a bumper crop of zucchini. But when you start cooking with squash, you'll appreciate the nutritional treasure you've got.

[Read More](#)

## Spotlight



### [HCMC Offers Ped for All for Its Tiniest Patients](#)

HCMC Women's Center now offers a service for its tiniest patients, Ped for All neonatal group, to ensure the best care for newborns. It is allowing babies to stay at HCMC for more specialized care, bringing the latest technology closer to home for our patients and families. You can learn more by contacting our Find Line at (731) 644-3463 or visit [www.hcmc-tn.org](http://www.hcmc-tn.org).



### [Roasted Cauliflower Three Ways \(Italian, Mexican, Indian\)](#)

Cauliflower contains unique plant compounds that may reduce the risk of heart disease and cancer. Learn how to roast cauliflower, plus three delicious variations! You'll find Italian, Mexican, and Indian-inspired versions within this roasted cauliflower recipe.

[Read Full Recipe](#)

