



THE LIGHTHOUSE

To Inspire, Inform and Educate!

BFRIN Opens New Manufacturing Center



We are pleased to announce the opening of our Manufacturing center located in Clifton Heights, PA. While no customers will visit this location, it was opened so that more space would be available at our Marshall Road office. Keeping up to date with industry advancements and the latest technology in breast prostheses is always our goal. This facility will help us to provide a superior product.

Overseeing the operation is Mark Wilson, Chief Prosthetics Designer. Each BFRIN prosthesis is designed using the latest technology and handcrafted to ensure that each fits the unique form of our individual patients. This location also serves as the staff training center.

Nestled in the heart of Delaware County, PA, the items manufactured here can be easily shipped to other facilities and patients residences.

BFRIN PROFILE

Micah Edwards
Clinical Data Analyst



When Micah became a member of the BFRIN family he was part of our patient mobility department. Because of his tireless effort and devotion to having the best patient experience, BFRIN has helped hundreds of people from low-income communities receive powered wheelchairs, motorized scooters, rollator walkers, seat lifts and more.

Recently Micah's role has evolved. For the past 4 months, he has been excelling in performing patient authorizations. He works closely with doctors and other medical staff from various offices, analyzing clinical data and obtaining necessary documents for patients to receive custom prostheses.

We look forward to him continuing to add value to our organization and reaching out for further responsibilities.



Staff Training at New Manufacturing Center

BFRIN held its annual company workshop during the month of February. The workshop was designed to help our employees provide superior service to our breast cancer survivors. It was held at our new manufacturing facilities in Clifton Heights.

Some of the highlights of the workshop were to inform our staff about new industry protocols which will aid them in providing care that is above and beyond industry standards, as well as understand current regulations. Our goal is to build a stronger BFRIN and continue to foster a seamless work team to better serve the community and ultimately provide a wonderful patient experience at our facilities.

For more photos of the staff training session, please visit our website, www.bfrin.org/photos



BFRIN offers free to low-cost services to those who can not afford it. Through the generosity of our corporate partners, we have provided tens of thousands of dollars worth of products and services. We are proud to be a non-profit organization that helps others. You can help others by making a donation. Visit our website and click the donate button. Any contribution will be appreciated.

Stress

Your body's response to stress is supposed to protect you. But, if it is constant, it can harm you. The hormone cortisol is released in response to stress. Studies suggest that the high levels of cortisol from long-term stress can increase blood cholesterol, triglycerides, and blood pressure. These are common risk factors for heart disease. This stress can also cause changes that promote the buildup of plaque deposits in the arteries.

Even minor stress can trigger heart problems like poor blood flow to the heart muscle. This is a condition in which the heart doesn't get enough blood or oxygen. And, long-term stress can affect how the blood clots. This makes the blood stickier and increases the risk of stroke.

In addition, people who have a lot of stress may smoke or choose other unhealthy ways to deal with stress.



Stress is a normal part of life. Stress can come from physical causes like not getting enough sleep or having an illness. Another cause for stress can be emotional, worrying about not having enough money or the death of a loved one. Stress can also come from less dramatic causes like everyday obligations and pressures that make you feel that you are not in control.

Common responses to stress include:

- Aches and pains
- Decreased energy and sleep
- Feelings of anxiety, anger, and depression
- Impatience
- Forgetfulness

People respond to stressful situations differently. Some react strongly to a situation. Others are relaxed and unconcerned. Luckily, you can decrease the effect of stress on your body. First, identify situations that cause stress. Although difficult, try to control your mental and physical reactions to these stressful situations. Try the following to help manage stress and keep your heart healthy.

Get plenty of exercise

Exercise can help counteract the harmful effects of stress. For heart health, aim for at least 30 to 40 minutes, 4 to 5 days a week. Exercise can help to improve cardiovascular health by controlling weight, improving lipid levels (blood fats), and lowering blood pressure. Exercise has another benefit that lowers stress. People who exercise have a reduced physical response to stress. Their blood pressure and heart rates don't go up as high as people under stress who don't exercise. Regular exercise can also reduce the risk of depression, another risk factor for heart disease.

Need exercise motivation? Get a pedometer and try to walk 10,000 steps to 12,000 steps per day. This may also help you maintain your weight. With a pedometer, you get instant feedback and credit for all you do, such as taking the stairs instead of the elevator.

Build a strong support system

Research suggests that having a strong support network like being married, having someone you can talk to and trust, or belonging to organizations or a religion can reduce your stress level and your risk of heart disease.

If you already have heart disease, this same network can help reduce your risk for heart attack. Having at least one person you can rely on takes a heavy burden off you and provides comfort.

A strong support system helps you take better care of yourself, too. Research shows that a lack of social support increases the chance of engaging in unhealthy behaviors like smoking, eating a high-fat diet, and drinking too much alcohol.

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Seek treatment for constant depression or anxiety

Depression and anxiety can increase your risk of dying from heart disease, if you already have it. In one study, people were asked whether they had felt so sad, discouraged, or hopeless during the past month that they had wondered if anything was worthwhile. Those who answered yes had more than twice the risk for coronary artery disease.

Other studies suggest that long-term anxiety can increase the risk for sudden cardiac death. To reduce your anxiety level, try activities that reduce stress like yoga, walking meditation, traditional meditation, guided imagery, or other methods. Look for classes in your area. Talk with your healthcare provider if you have feelings of depression or anxiety and ask about medicines that can help.

Reduce stress from work

Studies show having a demanding job that offers you few opportunities to make decisions or provides little reward can increase your risk for heart disease. Stress at work becomes even more of a problem when you don't have a strong support system or you have long-term anxiety.

If you can't find a different position within your company, do what you can to gain control over your environment. Try to take some time every day away from work. Do something that is relaxing and that you enjoy. It may be reading, walking, or deep breathing. Your employer may offer an employee assistance program (EAP) to help you manage stress and anxiety. A counselor can help recommend strategies to help you lower your work related stress.

If you think you are at an increased risk for heart disease because of stress in your life, talk with your healthcare provider. He or she may recommend counseling, classes, or other programs to help you lower your stress level and your risk for heart disease.

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