

# M&W Hospital Adds 3D Mammography

Marcum & Wallace Hospital (MWH) has made a significant investment in the health of the women in our community and the fight against breast cancer with the addition of 3D mammography.

3D mammography, also known as breast tomosynthesis, is the newest screening and diagnostic technology which gives radiologists the ability to view inside the breast, layer-by-layer. With this technology, fine details are more clearly seen by minimizing overlapping breast tissue and reducing the chance that cancer will be hidden by dense tissue. 3D mammography is mostly utilized for women with dense breasts, as well as for women with a family history of breast cancer.

In addition to having the latest technology, MWH utilizes radiologists who specialize in reading mammography images and hospital mammography staff who have completed specialized 3D mammography training.

"This new screening technology will make a significant difference in the detection of breast cancer within our community," said

MWMW Director of Radiology, Sharon Whitaker. "With this more advanced tool, breast cancer can be identified earlier, which is a major factor in successfully fighting the disease. Also, fewer women will be called back for unnecessary follow-up mammograms, which can cause anxiety."

In October 2015, the MWH Foundation launched a fundraising campaign to purchase a 3D mammography machine for the hospital. In just a year and a half, the Foundation raised nearly \$389,000 to successfully complete the campaign: \$250,902 grant from the Appalachian Regional Commission (ARC), \$80,000 raised from the 2015 and 2016 Chip in the for the Cure Golf Scramble & Pink Paradise Luau special events, \$25,000 from the Ray & Kay Eckstein Charitable Trust, \$10,000 from Columbia Gas, and various levels of support from the local community and gifts in honor/memory of individuals.

To take advantage of latest in breast cancer technology, call 606-726-2106 to schedule your mammogram.



Jennifer Ray, MWH Mammography Technologist, Dr. Elizabeth Weaver, Jewish Hospital Radiologist, Sharon Whitaker, MWH Radiology Director and Susan Starling, MWH President & CEO are pictured with the new GE Pristina 3D mammography unit. (M&W Photo)

# Kitchen Diva It's Cranberry Season

by ANGELA SHELF MEDEARIS

Cranberries are part of many fall holiday feasts, but their nutritious tastiness is worth having at any time. Like many fruits, cranberries are high in fiber and vitamin C and low in calories and fat. A fresh cup of these tangy berries has just 51 calories, with 5 grams of fiber and 24 percent of the vitamin C the average person needs in a day.

Cranberries are packed with antioxidants that may help maintain heart health and reduce cholesterol. The tannins in cranberries may help prevent gum disease and urinary tract infections. In the lab, cranberries prevent bacteria from adhering to the walls of the urinary tract and the gum line.

According to the November 2010 edition of the Tufts University Health and Nutrition Letter, "a meta-analysis of randomized controlled trials investigating cranberry intake and urinary-tract infections showed that there has been some benefit established in reducing the number of infections in women."

Cranberry juice often is the form used when deliberately seeking to prevent infection. The fluid in the juice does help maintain hydration, which is known to help prevent infection. Cranberries are very tart and often are consumed in combination with sugar. For example, a glass of cranberry juice cocktail has about 30 grams of sugar and 137 calories. To add whole cranberries to your diet year-round, try baking cranberry nut bread, sprinkle dried cranberries on salads or include them in trail mix.

Cranberries also can be used to decorate your home during the holidays. Try placing cranberries in a glass bowl with water and place a floating candle in the container. You're only limited by your imagination and creativity.

The Thanksgiving table would not be complete without the cranberry sauce. No need to open a can when this delicious Holiday Cranberry Sauce is so simple to make at home! And after Thanksgiving, use the cranberry sauce to create these delicious Sweet Potato Cranberry Muffins!



Photo credit: Depositphotos.com

## HOLIDAY CRANBERRY SAUCE

This sauce can be made ahead and will keep in an air-tight container for 2 weeks. Combine this wonderful sauce with 2 tablespoons of Dijon mustard and pour it over leftover turkey, baked fish, chicken or pork. It's a delicious way to finish the dish and a wonderful use for any Thanksgiving leftovers.

- 1 1/2 cups chopped, peeled Granny Smith apples (about 1/2 pound)
- 1 cup packed light brown sugar
- 1/2 cup white grape juice
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 (12-ounce) package fresh cranberries, rinsed and drained

Combine all of the ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer until thick (about 15 minutes), stirring occasionally. Cool completely. Makes 16 (3 tablespoon) servings.

## SWEET POTATO CRANBERRY MUFFINS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 3/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup granulated sugar
- 2 tablespoons orange zest
- 3/4 cup cooked, mashed sweet potatoes
- 1/2 cup canola oil
- 2 large eggs
- 2/3 cup milk
- 2 teaspoons vanilla extract
- 3/4 cup cranberry sauce (about 1 tablespoon per muffin)
- 3 tablespoons turbinado sugar, if desired

1. Heat oven to 400 F. Line a muffin tin with paper liners for best results, or grease well. Set aside.

2. In a medium bowl, whisk together flour, salt, baking powder, cinnamon and nutmeg. Rub sugar and orange zest together. Whisk into dry ingredients.

3. In a separate medium bowl, whisk together the sweet potatoes, canola oil, eggs, milk and vanilla. Slowly mix the wet ingredients into flour mixture. The batter will be thick.

4. Place half the batter at the bottom of 12-muffin cups. Spoon a tablespoon of the cranberry sauce on top of the muffin batter. Top muffins evenly with remaining muffin batter. Sprinkle each muffin generously with turbinado sugar, if desired.

5. Bake muffins for 15 to 17 minutes, or until golden brown and a toothpick inserted comes out clean. Remove muffins from pan and let cool on a cooling rack. Makes 12 large muffins.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.diyapro.com](http://www.diyapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## BIBLE WORD SEARCH

by Elie's Spiritual Treasures

MATTHEW 23:12

For those **who** exalt themselves **will** be **humbled**, and **those** who humble **themselves** will be **exalted**.

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B N P H B L Z Q M K  
U N Z H O L I N E K  
M O H W P S E W H P  
G F C D G W E D T X

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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## The Believers' Prayer for Boldness (Acts 4:23-25)

See Psalm 2:1-12

23 And being let go, they went to their own company, and reported all that the chief priests and elders had said unto them. 24 And when they heard that, they lifted up their voice to God with one accord, and said, Lord, thou art God, which hast made heaven, and earth, and the sea, and all that in them is: 25 Who by the mouth of thy servant David hast said, Why did the heathen rage, and the people imagine vain things?

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## BIBLE TRIVIA

by Wilson Casey

1. Is the book of Obadiah in the Old or New Testament or neither?

2. From Matthew 9, after Jesus healed a paralyzed man, what did the man pick up and carry home? Brother, Bed, Mother, Cart

3. Which book begins, "And the Lord spake unto Moses in the wilderness of Sinai"? Exodus, Leviticus,

Numbers, Deuteronomy

4. What is the largest number specifically mentioned in the Bible (KJV)? Hundred thousand, Thousand thousand, Two hundred thousand thousand, Thousands of millions

5. According to Acts 25, what title belonged to Agrippa? Priest, Apostle, King, General

6. In Exodus 7, what river was turned into blood? Red, Galilee, Marah, Nile

Answers on bottom of Page 11

Now available by Wilson Casey!  
2017 Bible Trivia box calendar loaded with daily teasers from TouchPointPress.com

## Seeds of Hope



We pray and we persevere. We watch and we wonder. We wait and we become weary. We know that God is there - somewhere. He responded before. But where is He now? We stand before Him with great expectations and outstretched hands yet nothing is happening. We cannot help but ask why. He promised us that He would never leave us nor forsake us. Where is He when we need Him?

What happens when we pray and there is no answer? Listen to our Psalmist: "Why, O Lord, do You reject me and hide Your face from me?" He seems to have turned from confidence to confusion. This God whom he called upon constantly with outstretched arms and

unflinching faith is nowhere to be found.

This happened to Jesus. In the Garden He cried, "If there is any other way than my death on the cross to save mankind, please make it known. Why, Father, can't You come up with plan 'B'?" And God was silent.

On the cross He said, "My God, my God, where are You? Why have You abandoned me? I am alone, suffering for something I didn't do and You left me to be humiliated and suffer and die." And God was silent.

The prayer of the Psalmist, much like the prayer of Jesus on the cross, does not end in resolution - like many of our prayers. But that does not mean that God does not hear or does not care and will never answer our requests.

Often when we pray and do not get the results we ask for, God is saying: "You may not get what you asked for. Just trust me. What I have planned for you is far better." #210

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