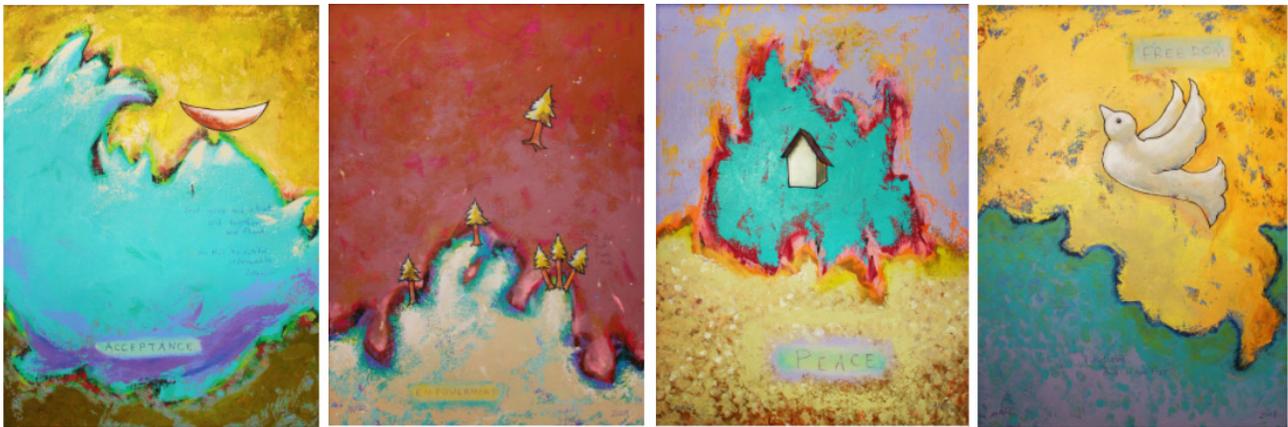




the transitions™ vibe

Industry news and information from a source you trust

Welcome to the October 2021 edition of the *Transitions Vibe*—a monthly briefing filled with information for those who trust Transitions to provide hospice and palliative care services for their patients and residents.



It's About Living. [Submit a referral](#) or [contact us](#) at 877-726-6494 to discuss how we provide the tools and resources to assist patients and families through the physical, emotional, and spiritual challenges of life's final transitions. [Visit our website to learn more.](#)

Transitions Spotlight: Service Expansion to PA

Welcome, Pilgrimage Hospice!

As of October of 2021, Transitions will begin servicing both hospice and palliative care patients in Pennsylvania, specifically the Pittsburgh region. We are very proud to announce that we have recently acquired **Pilgrimage Hospice**, and would like to extend them a warm welcome! We are honored and excited to make an impact by establishing the Transitions care model in Pennsylvania.

The initial service areas will include Pittsburgh, Allegheny, Beaver, Butler, Fayette, Washington, Lawrence, Armstrong, Westmoreland counties in Pennsylvania, with hopes to continue expanding our footprint as we move forward.

[Learn more about this exciting expansion >>](#)





A Conversation with Glenn Thomas

Insights from: Glenn Thomas, VP of Business Development

For this month's Spotlight, we sat down with Glenn Thomas, who will oversee growth and expansion as our administrator in Pennsylvania. Glenn has 31 years of experience in healthcare, including 21 years of management.

We are thrilled to welcome Glenn and look forward to seeing what he and the rest of our Pennsylvania team will accomplish. Read below to learn more about his background, motivations, and goals as we progress.

[Access the full interview here >>](#)

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month is observed every October to raise awareness about the impact of breast cancer. Other than skin cancer, breast cancer is the most common cancer among American women. Studies have shown that your risk for breast cancer is due to a combination of factors; the main ones include being a woman and getting older. ([Source](#))



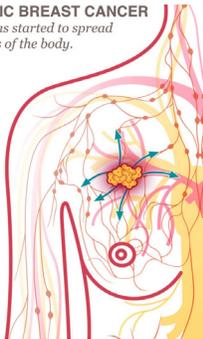
Breast Cancer Facts

- Each year, about 255,000 women get breast cancer and 42,000 women die from the disease in the United States.
- 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.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Metastatic Breast Cancer

Also classified as Stage 4 breast cancer, **Metastatic Breast Cancer** is one that has spread to other parts of the body, which may include the lungs, liver, bones, brain or other organs. Symptoms of Stage 4 breast cancer may vary, according to how far the breast cancer has spread and what type of tissue the new cancer growth has invaded.

METASTATIC BREAST CANCER
The cancer has started to spread to other parts of the body.



Depending on the location, metastasis symptoms may include the following:

Bone: Severe, progressive pain; swelling; bones that are more easily fractured or broken

Brain: Persistent, progressively worsening headache or pressure to the head; vision disturbances; seizures; vomiting or nausea; behavioral changes or personality changes

Liver: Jaundice; Itchy skin or rash; abnormally high enzymes in the liver; abdominal pain, appetite loss, nausea, and vomiting

Lungs: Chronic cough or inability to get a full breath; abnormal chest X-ray; chest pain

Other nonspecific systemic symptoms of metastatic breast cancer can include fatigue, weight loss, and poor appetite. Still, it's important to remember that these can also be caused by medication or depression. ([Source](#))

Prevention is Key

While many factors can influence an individual's risk of having breast cancer, there are ways to reduce the risk by following a healthy lifestyle and screening for breast cancer.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- Learn about the risks of hormone replacement therapy and oral contraceptives.
- If having children, breastfeed if possible.
- If there is a family history of breast cancer or inherited changes in the BRCA1 and BRCA2 genes, talk with a doctor.
- Perform breast self-exam regularly.
- Schedule preventative mammograms (ages 40+ or when required by a doctor).
- Discuss any symptoms or breast irregularities with a doctor.



Informational Articles and Resources

- [Breast Cancer Awareness Month – National Breast Cancer Foundation](#)
- [Breast Cancer Awareness Month – CDC](#)
- [What are the Risk Factors for Breast Cancer? – CDC](#)
- [Metastatic Breast Cancer – National Breast Cancer Foundation](#)
- [Metastatic Breast Cancer – Johns Hopkins Medicine](#)
- [What Can I Do to Reduce My Risk of Breast Cancer? – CDC](#)

“Transitions Hospice is truly blessed to have amazing staff, especially Heather and Maricruz, as they are more than angels... they became part of our family.”

~The Kirwan Family

Partner Spotlight: Prime Care Physicians



Transitions is proud to announce our partnership in care with [Prime Care Physicians](#) to continue to provide exceptional support related to symptom management to our homebound patients.

Since 2012, Prime Care has offered 24/7 in-home check-ups, sick visits, podiatry services, wound care and debridement, transitional care management, immunizations, minor surgical procedures, preventative care, and palliative care. Aside from home visits, they also visit facilities, hospitals and private clinics. Prime Care's footprint in the Chicago area is extensive, serving over 3,000 palliative care patients at any given time. By partnering with Transitions Home Medical Group, this footprint is expected to expand further—which will provide increasing numbers of patients access to the highest quality of palliative care.

At Transitions, our team provides a holistic treatment approach to address both medical and psychosocial needs, including symptom management, counseling and community service support. [Learn more](#) or [submit a referral](#) today.

Celebrate the Pharmacy Workforce



Thank You, Pharmacists & Pharmacy Technicians!

National Pharmacy Week is being observed on October 17-23. This celebration recognizes the dedication and resilience of the pharmacy workforce in these unprecedented times.

Pharmacists, pharmacy technicians and staff go above and beyond to provide facilities, residents and patients with the best solutions for their pharmacy needs. At Transitions, we are grateful and celebrate the impact of the pharmacy workforce on patient care.

Transitions News & Events

Welcome, Roshani Patel!

Transitions' partnership with Prime Care Physicians not only will support our continued work to providing exceptional services to our homebound patients but has also grown our leadership team.

Join Transitions in welcoming **Roshani Patel, owner and CEO of Prime Care Physicians**, as our new Chief Operating Officer for Transitions Home Medical Group.

Recently, we sat down with Roshani to learn more about the work of Prime Care Physicians and how its partnership with Transitions will expand the reach of care services for patients.

[Access the full interview here >>](#)





Save the Date - IL-HPCO Conference

Creating Connections – Building for the Future

Wednesday, October 6, 2021

Northern Illinois University (NIU) Naperville, IL

Join the Transitions team and other industry leaders as they network with other hospice and palliative care leaders to learn best practices and benchmarks.

Learn about:

- Regulatory and industry changes that impact hospice and palliative care
- Tools to ensure the provision of quality evidenced-based practice for end of life care
- Documentation and billing strategies to meet CMS guidelines

[Learn more>>](#)



Save the Date - ACMA - Illinois Chapter

21st Annual Case Management and Transitions of Care Conference

Saturday, October 9, 2021

Renaissance Convention Center in Schaumburg, IL

Join Transitions during the American Case Management Association - 2021 Illinois Chapter Conference to share knowledge and learn with case management and transitions of care professionals in healthcare. Learn new strategies and gain insights when you collaborate for care with your peers. [Learn more>>](#)



Welcome to Our Team Members!

Join us in giving a warm welcome to all of our new staff members in Michigan and Pittsburgh, as well as those who have joined our team in Illinois and Indiana.



Palliative Care | Hospice | 24/7 Support

Serving Chicagoland, Northern Illinois, Central Illinois,
Northwest Indiana & the Indianapolis metropolitan area

877.726.6494 | [Transitions Hospice & Palliative Care](#)



Transitions Group | 1551 Bond Street, #143, Naperville, IL 60563

