

THINK PINK

BREAST
CANCER
AWARENESS
MONTH



Lori Stanfield
has found
total peace
following her
breast cancer
diagnosis

Palatka Daily
News
Special
Section

October 28, 2023



BREAST CANCER
AWARENESS MONTH

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DIABETES
AWARENESS

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Here's what to know about breast lumps

Special to the Daily News

Breast cancer is a cause for concern for millions of women. Each year about 264,000 cases of breast cancer are diagnosed in women in the United States, according to the Centers for Disease Control and Prevention. The Canadian Cancer Society indicates around 28,600 Canadian women will be diagnosed with breast cancer this year. Globally, data from the World Health Organization indicates roughly 2.3 million women were diagnosed with breast cancer in 2020.

One of the more notable symptoms of breast cancer is the presence of a lump in the breast. Though not all lumps are malignant, it's important women learn about breast anatomy and lumps as part of their preventive health care routines.

Mount Sinai says breast lumps can occur at any age in men and women. Hormonal changes can cause breast enlargement and lumps during puberty, and boys and girls may even be born with lumps from the estrogen received from their mothers.

It is important to note that the vast majority of breast lumps are benign. The National Institutes of Health says 60% to 80% of all breast lumps are non-cancerous. The most common causes of breast lumps are fibroadenomas and fibrocystic changes.

Fibroadenomas are small, smooth, moveable, painless round lumps that usually affect women who are at an age to have children, indicates the Merck Manual. They are non-cancerous and feel rubbery.

Fibrocystic changes are painful, lumpy breasts. This benign condition does not increase a woman's risk for breast cancer. Symptoms often are worse right before one's menstrual period and then improve after the period begins.

Additional factors can contribute to the formation of lumps. Breast



TRISHA MURPHY / Palatka Daily News

Courtney Desouza, left, of Welaka had her first mammogram earlier this month and is an advocate for women having their annual screenings. Desouza is pictured with Kayla Horne, a mammograph tech and the 3D mammo machine operator on the Buddy Bus that came to Welaka Town Hall offering mammograms to the community.

cysts are fluid-filled sacs that likely go away on their own or may be aspirated to relieve pain. Complex cysts may need to be removed surgically. Sometimes cysts also may form in milk ducts throughout the breasts.

Lumps also may be the result of injury. Blood can collect under the skin and form a type of lump called a hematoma. Other lumps may be traced to lipomas, which is a collection of fatty tissue or breast abscesses, which typically occur if a person is breastfeeding

or has recently given birth.

Additional causes of lumps can be discussed with a doctor. Though the majority of lumps are not a cause for concern, it is important for people to regularly feel their breasts to check for abnormalities. Doctors may recommend annual mammograms to women age 40 and older. In its earliest stages, breast cancer may produce little to no visible symptoms, but a mammogram may be able to catch something early on.

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Lori Stanfield and family, Cancer Center of Putnam staff
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Lori Stanfield: Surviving Her Nightmare

Survivor appreciates life's beauty after cancer bout

By Trisha Murphy

Palatka Daily News

tmurphy@palatkadailynews.com

Dreams don't always have a fairytale ending. Some can actually be nightmares. Such was the case for 62-year-old Lori Stanfield of Interlachen when she dreamed she had breast cancer.

Stanfield had already received the diagnosis about a week earlier on April 20, but the news was still weighing heavy on her mind.

"It was a terrible dream," Stanfield said. "I woke up screaming."

After the dream, Stanfield said, she felt total peace with her diagnosis.

"I had a lot of people praying for me and I believe in God," she said. "I thought, 'Well, I will just have to deal with this.'"

Stanfield went for her annual mammogram on March 9, where an ultrasound showed a tumor underneath her right breast.

From there, her doctor referred her to the Putnam Radiology Group to have a biopsy, which confirmed she had breast cancer. She was referred to Dr. Anand Kuruvilla at the Putnam Cancer Center in Palatka on April 24.

"Dr. Kuruvilla said it was Stage 1 invasive ductal carcinoma and it was 1.4 centimeters," she said. "He really put my mind at ease and said what I have is very curable."

Stanfield felt fortunate she didn't have to go for the consultation with her doctor by herself.

"My pastor's wife, Tresa, went with me," she said. "I wrote down lots of questions and Tresa wrote down everything he said. I'm so grateful that she was there with me."

Dr. Kuruvilla referred Stanfield to a surgeon, Dr. David Cummings of Palatka, on April 27 and her surgery to remove the tumor took place May 10.

"The nurses and everyone at the Palatka hospital were so nice and helpful," Stanfield said. "My doctor is an excellent surgeon."

Stanfield also had nothing but praise for the Cancer Center's team of doctors and staff.

"They are a great team of doctors, and the staff was wonderful through this whole experience," she said."



TRISHA MURPHY / Palatka Daily News

Lori Stanfield finds solace in singing and playing her instruments, including the one she is holding called a Q-Chord similar to a guitar with a keyboard.

Stanfield recalled a conversation with her surgeon before the procedure when he came in to inform her it was time. The surgery would also include her lymph nodes being checked to make

sure the cancer had not spread, and the result was good news – no cancer in the lymph nodes.

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TRISHA MURPHY / Palatka Daily News

Lori Stanfield practices playing her Q-Chord and singing at her Interlachen home on Monday.

Stanfield

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"I told him, 'Good, let's get this demon out of me. It's not welcome in this body.' And he agreed."

Stanfield and her husband, Gary, have been married for 26 years. She has two grown sons, Kale Sturdivant, 40, of Florahome and Kevin Sturdivant, 34, of Dallas, Texas. Her parents are Ronnie and Betty Carnes of Florahome.

Stanfield remembers the call she made to her doctor's office after the biopsy and the conversation she had with the receptionist.

"She gave me the news that it was positive," she said. "She also told me that she had breast cancer 20 years ago, and she had the worst kind. But today, she is cancer-free and doing great. That did help my mind a little bit."

Stanfield's follow-up treatment included 21 rounds of radiation, and she has to take an estrogen blocker medication for five years.

"It really wasn't bad and only took about six to eight minutes a day," she said about the radiation treatments. "The radiation technicians were so great. They have a lot of patience and are just wonderful people."

Kuruvilla said Stanfield went back to work within a month of her treatment.

"It is notable today that many women choose to continue to work during the irradiation treatments," he said. "The message is that women are pleasantly surprised to realize that treatments overall are far less intimidating and disabling than what is commonly perceived."

Although the treatment went by relatively quickly and she soon returned to work, Stanfield recalled

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Cancer Facts

Special to the Daily News

Cancer is a word no one wants to hear. However, cancer affects millions of people across the globe, and no one is immune to it.

The impact of cancer can be staggering to behold. The following cancer facts, courtesy of the American Cancer Society, National Cancer Institute, World Health Organization, and the Mayo Clinic, highlight the far-reaching nature of this potentially deadly disease.

■ Cancer is the leading cause of death worldwide. In 2020, it accounted for more than 10 million fatalities.

■ Cancer can start in almost any part of the human body, which is comprised of trillions of cells.

■ Tumors are formed when abnormal or damaged cells grow and multiply when they shouldn't. Many cancers cause solid tumors, but blood cancers do not.

■ Cancer cells can grow in the absence of bodily signals telling them to grow.

They also ignore signals to stop dividing or to die off.

Cancer cells can tell blood vessels to grow toward tumors helping to supply tumors with oxygen and nutrients.

■ Signs and symptoms of cancer will vary depending on which part of the body is affected. However, lumps (tumors), fatigue, weight changes, skin changes, and changes to bowel or bladder habits are symptoms often associated with cancer.

■ The word "cancer" comes from the Greek word for "crab." It likely stems from the finger-like spreading protrusions of cancer being likened to the shape of a crab.

■ Tobacco usage is one of the leading causes of lung cancer and many other forms of the disease.

Tobacco can be linked to the death of at least 50 million people in the last 10 years.



Let's work together to raise awareness of breast cancer and the importance of early detection.

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Matt Reynolds

Putnam County Clerk of Circuit Court & Comptroller

Lori Stanfield and her husband, Gary, have been married for 26 years and enjoy camping and snorkeling and spending time with their 10-year-old Chihuahua, Barney.



TRISHA MURPHY / Palatka Daily News

Stanfield

CONTINUED FROM PAGE 5
how jarring it was to get the news of her diagnosis.
“I was at home and it was very shocking to hear I had cancer,” she said. “I don’t drink or smoke, but I realized anyone can get cancer. I was

in disbelief, but then realized I would just have to face it and try to have it fixed.”
Stanfield said she has family members who have had their own battle with cancer, including her grandmother, Isabel Bogle, and her mom.
“My mom had a large ovarian cancer

See STANFIELD, Page 8

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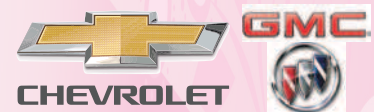
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Think Pink • Saturday, October 28, 2023 • 7

Stanfield

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tumor,” she said. “They got all her’s out. My nana, my mom’s mother, had pancreatic cancer when she was about 63. She had the Whipple procedure done and lived a great life until 18 years later when she died.”

Stanfield said the one thing she has learned through her breast cancer journey that she would want to share with others is the importance of every woman getting a mammogram every year.

“I plan to,” she said. “The mammogram found mine. I had no detectable lump. I urge everyone to get one. It can save your life.”

Stanfield is thankful for the support she received during her treatment from her husband, and her family and friends.

“They really encouraged me a lot,” she said.

Stanfield has been employed by the Putnam County School District as a bus driver for Melrose Elementary School and Q.I. Roberts Junior-Senior High School for 27 years.

When not at work, the Stanfields enjoy camping and snorkeling.

She also enjoys painting, growing Christmas cacti, searching for meteorite rocks and spending time with her 10-year-old Chihuahua, Barney.

“He stayed by my side through the bad times,” she said. “He is so special to me.”

Stanfield also finds solace in playing her instruments and singing. Her instruments include a Q-Chord similar to a guitar with a keyboard; theremin, the only instrument in the world that can be played and not touched with



Photos by TRISHA MURPHY / Palatka Daily News

Above: Lori Stanfield enjoys lots of activities, including searching for meteorite rocks. Below: Stanfield’s shirt serves as a constant reminder of her journey as a breast cancer survivor.



airwaves; a small harp called a kalimba; and a harmonica.

Through her breast cancer diagnosis, Stanfield said she came to realize how short life is and how grateful she is. She plans to retire in a few years to enjoy her life.

Stanfield said having cancer has changed her. As a woman of faith, Stanfield said she knows the impor-

tance of everyone who prayed for her.

“I don’t take anything for granted,” she said. “I appreciate everyone and everything. Arguing about little things is just a waste of precious time. I could definitely feel the peace around me and in me. I really appreciate everyone praying for me. God is so good, always.”



Photo submitted by Vonshell Alford

Dr. Anand M. Kuruvilla, left, with the Putnam Cancer Center, and the Rev. Karl Flagg participated in the festivities surrounding last year’s Pink Ribbon Walk at the Palatka riverfront.

2023 Pink Ribbon Walk

Celebrating 11 years of ‘Together We Fight!’

The 2023 Pink Ribbon Walk, which is in its 11th year, starts at 8:30 a.m. today at the Palatka riverfront. The theme is “Together We fight! #PalatkaStrong.” T-shirts are available for \$20 each while they last.

To participate or to order a T-shirt, pay at Cashapp: Survivor 2012; Zelle

3869166505; or PayPal: vonshellorfford.

Please indicate the shirt size in a message.

A portion of the proceeds will be donated to the Putnam First Cancer Foundation.

For details, call Vonshell Offord at 386-916-6505 or email shell.survivor2012@gmail.com.



Photos submitted by Teresa Charles

Children in the Charles Family Daycare in Palatka, owned by Teresa Charles, left, show their support in raising awareness about breast cancer by wearing special pink shirts.



Photos submitted by Skyler Noble

Alivia and Oaklynn Dias show their support of Breast Cancer Awareness Month by wearing pink for Pink Out Day at Children's Reading Center Charter School on Oct. 13.



Photos by TRISHA MURPHY / Palatka Daily News

Above: Getting into the fun of things are Woman's Club of Welaka members, Felicia Stalder, left, and Sandy Parker during the Pink Out Putnam Breast Cancer Awareness Month kickoff. Below: Mindy Estep, a longtime supporter of Pink Out Putnam, holds one of the tiaras that were given to breast cancer survivors at the club.



think
PINK
PUTNAM-STYLE!



During a recent baseball game, Briston Becker shows his support for family members who lost their battle with breast cancer.



Photo submitted by Lauren Strange Vieira

Kelley Smith Elementary School held a benefit dance event on Oct. 14 in memory of Tabitha Collier and Breast Cancer Awareness Month. The event was hosted by Jilian Griffith and Carly Dale.

Patient Survivorship, Caregiver and Community Education



Part 4 and last in the series

By Dr. Anand M. Kuruvilla
Special to the Palatka Daily News

The next challenge is to educate the community; providers such as doctors and nurses involved in the care of patients; and our legislators, administrators, and insurers.

How can you as a community member help? As an influencer, get your relatives and friends to understand breast cancer is not to be trifled with. Get assigned to a physician and get mammograms early and regularly because early detection leads to a cure with relatively minimal grief. The main reason for advanced breast cancer is patients are delaying coming forward to seek help as they harbor misconceptions. We need your help to spread the word. Only 60% of eligible women are getting the mammograms they need.

What do doctors and other providers need to do: recognize that it is a challenge to educate yourself. Doctors and nurses involved in the care of patients must continue to assimilate and apply new knowledge. This is what the job entails and what was signed up for. It is a con-

stant learning process to keep abreast of wonderful new discoveries. Attend continuing medical education and conferences. Otherwise, your patients will be denied what's new out there for them. The daunting task is to bridge the disciplines, assimilate the knowledge and keep an eye out for clinical trial results. For the layperson, every patient's care is coordinated and discussed by many individual disciplines: surgeons, medical and radiation oncologists, radiologists, pathologists, the relevant subspecialists, primary care, rehab, home health, palliative care and the list goes on.

How could our legislators and administrators help: Most importantly stay out of the patient management arena. Leave that to the medical professionals. You are not qualified, period. What you should strive for is to improve access, ensure quality care is being provided and help make it affordable. To get all three is probably impossible, so compromises are unavoidable. But ensure you consider every player's input before you legislate.

Physicians, hospitals, lawyers, insurers, pharmaceuticals, hospices and nursing homes all have their own self-serving lobbyists. It is a difficult and unenviable task to be a politician. Community members recognize that and thank you for your sacrifices. All we ask is that you ensure the patient is not the one left behind.

The current fad to emphasize survivorship is a good one. The purpose of the exercise is to help patients who have completed treatment adjust to what is now referred to as their new normal. Keep in mind that the majority of cancer survivors can be expected to be cured. The challenge is to help them to believe that, achieve this realization and land softly as they get back to the world of the living. They need to be encouraged to return to work and embrace their spouse, children, parents, supporting relatives and coworkers.

Regular follow-up visits with oncologists

See KURUVILLA, Page 11

Putnam First Cancer Fund



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2023 Putnam First Cancer Fund, Inc. Fundraisers



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See PFCF website for details

<https://putnamfirstcf.org/friends-of-pfcf/>

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Special to the Daily News

Putnam First Cancer Fund was started on Oct. 8, 2014, and is a 501(c)(3) organization. Donations are tax-deductible.

The group's mission is to is to financially assist residents of Putnam County who have been diagnosed with cancer or who may need diagnostic testing to determine the presence of cancer. They also use their contributions to facilitate educational awareness and cancer screening programs and activities within Putnam County.

The organization relies on grants and donations from individuals or businesses to help Putnam County residents. A gala and golf tournament fundraisers occur every year to support the nonprofit.

Those needing assistance can

stop by the Palatka Christian Service Center, 2600 Peters St. in Palatka, to apply for services and to confirm eligibility.

For details, call 386-328-0984 or visit www.heartofputnam.com.

Eligibility requirements include individuals having no insurance, being underinsured, have a medical need, have a financial need and be a resident of Putnam County.

Donations to PFCF can be mailed to P.O.Box 1142, Palatka, FL 32178.

Donations can be made in honor or memory of family or friends and should be mentioned in a note with the donation. A phone number should be included for the family so they can be notified of the donation.

Kuruvillea

CONTINUED FROM PAGE 10

eventually will be tapered off and the hand-off to the primary care provider should be handled and coordinated carefully without any ambiguity. Typically, this should be handled over five years at the most. This metamorphosis takes time. However, it is well worth it and most rewarding to observe this gradual rebirth and transformation in patients' appearance, demeanor and attitude.

What we need to do a better job of is shouting this good news over rooftops so it sinks into the public consciousness. These awareness campaigns are a great thing and the more the merrier. But keep in mind only 60% of eligible folks get the mammograms they should and more than 20% of breast cancer patients present with an advanced stage at diagnosis.

Dr. Anand M. Kuruvillea, MD,
FACRO, Putnam Florida Radiation
Oncology Group, Cancer
Center of Putnam



How-to conduct a breast self-exam

Early detection of breast cancer can improve survival rates and lessen the severity of treatment options. Routine mammograms are essential to catching signs of breast cancer early on, but so can home-based breast exams.

Over the years there has been some debate over the effectiveness of breast self-exams, or BSEs. Different breast cancer organizations have different views on the subject. Some studies have indicated that a BSE is not effective in reducing breast cancer mortality rates. Some argue that these exams also may put women at risk -- increasing the number of potential lumps found due to uncertainty as to what is being felt in the breast. This can lead to unnecessary biopsies. Others feel that a BSE is a good practice, considering that roughly 20 percent of breast cancers are found by physical examination rather than by mammography, according to BreastCancer.org.

The American Cancer Society takes the position that a BSE is an optional screening tool for breast cancer. For those who are interested in conducting self-exams, here is the proper way to do so.

- Begin with a visual inspection of the breasts. Remove clothing and stand in front of a mirror. Turn and pivot so the breasts can be seen at all angles. Make a note of your breasts' appearance. Pay special attention to any dimpling, puckering or oddness in the appearance of the skin. Check to see if there is any change in symmetry or size of the breasts.

- Continue the examination with hands placed by the hips and then again with your hands elevated overhead with your palms pressed together.

- Next you will move on to a physical examination. This can be done either by reclining on a bed or the floor or any flat surface. The exam also can be done in the shower. To begin examining the breasts, place the hand and arm for the breast you will be examining behind your head. Use the pads of your pointer, middle and ring fingers to push and massage at the breast in a clockwise motion. Begin at the outer portion of the breast, slowly working inward in a circular motion until you are at the nipple. Be sure to also check the tissue under the breast and by the armpit.

- Do the same process on the opposite breast. Note if there are any differences from one breast to the other.

If you find any abnormalities, mark them down on an illustration that you can bring to the doctor. Or if you can get an appointment immediately, draw a ring around the area with a pen so that you will be able to show the doctor directly where you have concern.

It is a good idea to conduct a BSE once a month and not when menstruating, when breasts may change due to hormone fluctuation. Frequent examinations will better acquaint you with what is normal with your breasts and better help you recognize if something feels abnormal.





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