

Doc's motorMOUTH

OCTOBER
2018

A Free Monthly Newsletter From Your Friends At Doc Motor Works



DOC MOTOR WORKS

Ways To Help A Friend With Breast Cancer

- ✓ Learn To Listen
- ✓ Be An Advocate
- ✓ Follow Her Online
- ✓ Read Her Blog
- ✓ Get Her In Touch With Other Patients and Survivors
- ✓ Be Her Email Pen Pal
- ✓ Connect With Her With A Light Hearted Approach
- ✓ Bake Her A Silly Cake
- ✓ Distract Her With Little Surprises
- ✓ Help Her Understand What She Needs
- ✓ Leave A Message When She Does Not Feel Like Talking
- ✓ Ask Before Bringing Food
- ✓ Do Her Grocery Shopping For Her
- ✓ Help Her Keep A Normal Life For Her Kids - Like Taking The Kids To Practices And Activites
- ✓ Throw A Hair Cutting Party
- ✓ Give Her An Open-Ended Invite
- ✓ Pamper Her With Attention
- ✓ Send Her Lots Of Cards
- ✓ Don't Expect Her To Be Miss Manners
- ✓ Don't Tell Her How To Feel
- ✓ Don't Forget Her When 'It's Over'
- ✓ Please Join Her In Finding A Cure



Breast Cancer Symptoms

What are the signs and symptoms of breast cancer? Symptoms of breast cancer vary from person to person. Some common breast cancer signs and symptoms include:

- Skin changes, such as swelling, redness, or other visible differences in one or both breasts
- An increase in size or change in shape of the breast(s)
- Changes in the appearance of one or both nipples
- Nipple discharge other than breast milk
- General pain in/on any part of the breast
- Lumps or nodes felt on or inside of the breast

Symptoms more specific to invasive breast cancer are as follows:

- Irritated or itchy breasts
- Change in breast color
- Increase in breast size or shape (over a short period of time)
- Changes in touch (may feel hard, tender or warm)
- Peeling or flaking of the nipple skin
- A breast lump or thickening
- Redness or pitting of the breast skin (like the skin of an orange)

Be sure to tell your doctor of any changes that you see to your breasts.

815-577-3893

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Meaningful Things You Can Do For Breast Cancer Awareness Month

Many women will be diagnosed with an early stage of breast cancer, get treated, and then still go on to have a metastatic relapse, and that's what kills people. Which is why — now that we are all, in fact, aware — we need to start focusing our efforts on helping people who have advanced breast cancer. Not just buying pink T-shirts and reminding women to get checked.

Still, that doesn't mean that there aren't actionable things you can do during breast cancer awareness month. In fact, there are plenty of ways you can help people living with breast cancer (as well as help those working on a cure). Here are just a few ideas:

1. Support, not awareness

When picking a charity, make sure its focus is on patient support, not awareness. Patient support comes in many forms: makeup classes, gas cards, wigs, exercise classes, letters, and even full payment of treatment. All of these things can help through a trying time, both emotionally and physically.

2. Donate to research initiatives

Research is a critical need. Globally, metastatic breast cancer receives much less funding than early-stage breast cancer, even though it is the only form of breast cancer that you can actually die of. Most of the charitable money goes to basic research that has little clinical application. So when you're looking for charities to donate to, it's important to find ones that are trying to get an actual a cure to patients and not just giving lip service to the idea of "awareness."

3. Help out someone you know who has cancer

"Let me know if I can do anything for you." Most of us with cancer hear that phrase often ... and then never see that person again. The longer we are on treatment, the more we need help. We need our dogs walked, we need our kids to be driven somewhere, we need our bathrooms cleaned. So if you know somebody who has cancer, don't ask how you can help. Tell them how you plan to. Don't put the burden of asking for help on the cancer patient.

4. Donate clothes to a chemo center

Did you know you can make a difference in a cancer patient's life without even ever speaking to them? In every town, there are community oncologists who will accept donations of blankets, hats, or scarves. Due to privacy issues, you may not be able to actually talk to them, but you can talk to the staff at the front desk and ask if they are willing to accept items.

5. Drive people to chemo sessions

There are many patients getting chemo who have nobody to drive them. You can leave flyers offering to do so, or post

on community bulletin boards that you're willing to help.

You could also call a social worker to find out where the need is greatest.

6. Let them know they're remembered

Even writing cards and leaving them at chemo centers or hospital wards for cancer patients on holidays can be meaningful for somebody going through the most frightening time of their life.

7. Write your congressman

Over the past decade, the NIH has cut funding for cancer research, and that could drop even further due to proposed NIH budget cuts. Changes in healthcare law have created confusion, and it is becoming harder for people with cancer to get medications, whether it be chemo or supportive medications. Necessary pain medications are now withheld (even from terminal patients) because doctors are afraid of "overprescribing." Some anti-nausea meds are too expensive and insurance companies won't allow them. For many people, this can mean pain near the end of their lives. We need that to change.

8. Listen to cancer patients

Remember that when you speak to a cancer patient, they don't necessarily feel like warriors or survivors; they don't always want (or need) to have a positive attitude. And nothing they did, from eating sugar to consuming processed foods, caused their cancer.



When somebody trusts you enough to tell you they have cancer, don't respond by telling them they're a warrior, or insinuate that they did something wrong. Just tell them that you are sorry this happened to them, and that you are here to listen. It's important that you speak to them as the friends, colleagues, or loved ones they've always been. Cancer can be isolating, but you can be that reassuring figure who reminds them that they don't always have to pretend to be brave.

Pink October has become almost a national holiday, with pink promotions everywhere. However, the money donated by companies often doesn't go where it's needed most: to metastatic cancer patients. We incurable cancer patients are your mothers, your sisters, and your grandmothers, and we need your support.

GET SCREENED EARLY - 1 in 8 women will develop breast cancer within her lifetime.



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Halloween Safety Tips

HAVE A SAFE AND SPOOKTACULAR TIME TRICK OR TREATING THIS HALLOWEEN!

- PLAN A ROUTE IN ADVANCE

Trick-or-treating could take you several streets away from your house, which can cause sore legs and a bit of frustration. Avoid long paths by mapping out a route before leaving the house. Stick to paths that you and your child are familiar with to avoid getting lost.

- WEAR REFLECTIVE CLOTHING

Keep your kids visible by having them wear glow-in-the-dark necklaces and bracelets. Consider putting reflective strips on their costumes, or having them carry small flashlights.

- MAKE AN ID CARD FOR YOUR KIDS

Just in case you may be separated from your child during Trick-or-Treating, having them carry a discreet identification card under their costume is advised.

- WEAR COMFY SHOES

Make sure you and your children are in comfortable, well-fitting shoes. Girls in dresses should avoid heels, and all shoelaces should be double-tied to avoid tripping in the dark.

- KEEP COSTUMES COMFORTABLE

Avoid costumes that drag on the ground so they don't trip, get caught on bushes, or create a tussle. With that in mind, remember to pick costumes that are bathroom friendly!

- ESTABLISH A CURFEW

This is helpful if your child is going trick-or-treating without you or if you want to make sure you're not out with the kids all night.

- REMEMBER YOUR CELL PHONE

You should have your phone with you, but if your child is older and going trick-or-treating without a parent, make sure they have a cell phone as well.

- STAY HYDRATED

It can get hot under a costume, especially when walking long distances during Trick-or-Treating. Remember to carry a few bottles of water with you!

- INSPECT CANDY BEFORE EATING

Check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any home-made treats that haven't been made by someone you know.



**HAVE FUN AND KEEP SAFE!
HAPPY HALLOWEEN!**

Witching You A Very HAUNTED Halloween



The Month Of October 2018
October has many things to celebrate!

- October 1 - Int'l Coffee Day
- October 4 - World Animal Day
- October 5 - World Smile Day
- October 6 - German-American Day
- October 8 - Columbus Day
- October 10 - World Mental Health
- October 16 - Boss's Day
- October 22 - Nat'l Nut Day
- October 24 - United Nations Day
- October 28 - Nat'l Chocolate day
- October 29 - Nat'l Cat Day
- October 31 - Halloween



Breast Cancer
Awareness Month

Domestic Violence
Awareness Month

Doc's RX ...

Did you know that before you purchase a used vehicle, there is a law that states you have the right to have it inspected by a third party? We at Doc Motor Works have done many used car inspections and saved many people from buying someone else's problem. Just another way we try to help keep you safer on the road.



Do You Want To Know How To Save \$427.00 On All Auto Repairs?



Give Us A Call At **815-577-3893**
And Ask About Joining Our Car Care Club!



Fall Car Maintenance Checklist

In many places, winter sometimes comes early and with little warning. Pouring rain, sudden freezes and snow make for slick streets and limited visibility. Your vehicle needs to be in top shape during winter. Getting stuck by the side of the road is always the pits. Being stranded in the cold rain is even worse.



Here's what to do now, while the weather's still nice, to get your car ready for winter.

Antifreeze and Other Fluids: The car's radiator needs the right mix of water and antifreeze. If the ratio is off, the water in the radiator could freeze. Check the other fluids in your vehicle, including windshield cleaning fluid, transmission fluid and power steering fluid.

Oil: Check the engine oil. Add oil or change if necessary. Be sure to use oil that's formulated for winter temperatures. Not sure how often to change the oil? When you bring your car in for an oil change, make sure that the mechanic follows the manufacturer's recommendations for your car.

Tires: Inflate, balance and rotate tires. Get new tires if you need them. All-weather tires are usually adequate for driving in this area. Keep traction devices in your car over the winter.

Brakes: No matter what the weather, you need good brakes. Brakes should be inspected and maintained on a regular schedule. Have your brakes inspected when you get your tires rotated, or as recommended by your mechanic.

Windshield: Now's the time to repair windshield chips and install new windshield wipers. Cut down on streaks and improve visibility with our windshield rain repellent treatment.

Battery: Get your battery tested. Winter is hard on car batteries, so make sure yours still has plenty of power.

Did you know?

Did you know we sell tires? We have tire mounting and balancing equipment, wheel aligner and great prices on tires. More ways to serve you and keep you safe.



Winter Survival Kit: Be prepared for the unexpected. If you have car trouble in winter, you could be stuck in the cold for several hours before help arrives. Get a bag or box and keep these things in your vehicle: rags, flares, blankets, snacks, a flashlight, jumper cables, ice scrapers, road salt, rain poncho, first aid kit and drinking water.

Inspection: Modern automobiles don't necessarily need a tune-up, but they still need regular inspections. Do a visual check of the belts and hoses in your car and note any that show wear. Take a look at the spark plugs, wires, distributor cap and rotor.



Columbus Day - October 8th

"You can never cross the ocean unless you have the courage to lose sight of the shore."

- Christopher Columbus

Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the Americas in 1492, and Columbus Day 2018 occurs on Monday, October 8. It was unofficially celebrated in a number of cities and states as early as the 18th century, but did not become a federal holiday until 1937. For many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American heritage. But throughout its history, Columbus Day and the man who inspired it have generated controversy, and many alternatives to the holiday have been proposed since the 1970s.

The first Columbus Day celebration took place in 1792, when New York's Columbian Order—better known as Tammany Hall—held an event to commemorate the historic landing's 300th anniversary. Taking pride in Columbus' birthplace and faith, Italian and Catholic communities in various parts of the country began organizing annual religious ceremonies and parades in his honor.

In some parts of the United States, Columbus Day has evolved into a celebration of Italian-American heritage. Local groups host parades and street fairs featuring colorful costumes, music and Italian food.