



Make *Yours* Healthy Choices!

Breast Cancer Awareness



October is National Breast Cancer Awareness Month

Quick Facts

- Each year about 185,000 women in the US are diagnosed with Breast cancer
- Each year about 40,000 women die from Breast cancer
- About 1 out of 8 women are diagnosed with Breast cancer every year
- Breast cancer is the most common form of cancer which affects women
- Early detection greatly improves the overall cure and survival rate from Breast cancer

The Good News!

With new treatments, tests and research, the outlook for women with Breast cancer is now better than it has ever been!

Common Risk Factors

- Age – The chance of getting Breast cancer increases as women get older
- Genes – There are 2 genes, BRCA1 and BRCA2 which greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested
- Personal factors – Beginning periods before the age of 12 or going through menopause after age 55
- Never had children or had your first child after age 30

Remember! One out of four women who get breast cancer do not have any of these risks!

Examinations are Important!

There are 3 kinds of examinations which can help detect Breast cancer.

1. **Self-Exam** - It is important to do a self-exam each month. Some women find it easier to do this at the same time each month, for example, when your period starts or ends each month.
2. **Doctor's exam** – You should have your doctor examine your breasts at least once a year.
3. **Mammogram** – Mammograms are recommended for women older than 40, even if they have no signs of breast cancer. A mammogram can save your life. They can show tumors which may be cancer long before they can be physically felt. Treating tumors when they are small makes curing cancer easier.

Remember! Just because a problem area appears on your mammogram doesn't mean you have cancer. Cancer can only be diagnosed by a lab test on tissue from your breast.

Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any health care concerns.

7 Ways to Fight Breast Cancer from the American Cancer Society

1. Limit alcohol consumption – women may want to limit their consumption to no more than 1 drink a day and women at risk of Breast cancer may want to cut out alcohol altogether.
2. Eat more antioxidants – Studies indicate people who eat more vegetables and fruits may have a lower risk for some types of cancer.
3. Don't stress over coffee – While caffeine may heighten symptoms of fibrocystic breast lumps, (a type of benign breast disease) there is no evidence it increases the risk of breast cancer.
4. Get your Folate – Women who don't get enough folate may have an increased risk for breast cancer, especially if they drink alcohol. Folate is a B vitamin found in many vegetables, beans, fruits, whole grains and fortified cereals.
5. Maintain a healthy weight – Being overweight or obese is linked with an increase risk of breast cancer among postmenopausal women.
6. Use soy in moderation – High doses of soy could possibly increase the risk of estrogen-responsive cancers, such as breast cancer.
7. Don't smoke! Avoiding tobacco is an important recommendation to prevention of many cancers.