October 2022

WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

October is Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most common cancer among American women. In the United States, approximately 264,000 women are diagnosed with breast cancer, 42,000 women will die from the disease annually. Men can also get breast cancer, though it is not very common, about 1 in every 100 breast cancers diagnosed. While women 50 years or older are most commonly diagnosed with breast cancer, younger women may also be affected. 9% of all new breast cancer cases are found in women younger than 45 years of age. Unfortunately, breast cancer in younger women is more likely to be found at a later stage, more aggressive, and difficult to treat.

Breast Cancer Risk Factors:
- Age
- Genetic Mutations (BRCA1 and 2 genes)
- Starting menstrual periods before age 12 and menopause after 55
- Dense breast tissue
- Personal history of breast cancer and certain non-cancerous breast diseases
- Family history of breast cancer specifically 1st degree relative
- Previous radiation therapy to the chest
- Not being physically active
- Being overweight/obese
- Taking hormones
- Drinking alcohol
- Reproductive history: 1st pregnancy after 30, not breastfeeding, and never having a full-term pregnancy

Symptoms of Breast Cancer:
- Lump in breast or underarm
- Thickening or swelling in part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area
- Nipple discharge or blood (not breast milk)
- Change in size or shape of breast
- Pain in any area of breast

If you have any signs or symptoms that worry you, reach out to your primary care provider for guidance.

References:
https://www.cdc.gov/cancer/breast/