

Breast Cancer Awareness

October 2012

Chances are you know someone that has been affected by breast cancer.

- **Breast Cancer** is the leading cancer in *women*, along with skin cancer. Over 2 million women living in the U.S. have been treated for breast cancer, and close to 300,000 will be diagnosed in 2012. **Men can also develop breast cancer**, with an estimated 2,000 diagnosed each year.

Important factors to be aware of:

- **One difference between male and female breast cancer** is men are usually diagnosed at a later stage, which can affect the treatment and prognosis. This is why it is important to understand that breast cancer can affect *anyone*.
- **Breast tissue** in men or women. Breast cancer is more difficult to detect in persons with dense tissue.
- **Early detection is crucial.** Great strides have been made in finding breast cancer early. With early detection, the chances of it spreading are decreased, resulting in a higher treatment success rate.

Risk factors for Breast Cancer:

- **Gender-** Women are more likely to have breast cancer.
- **Family History-** Although important, there is only about a 15% chance of developing breast cancer with family history and about a 5-10% chance with a genetic link. 80% of breast cancers are in women with no family history.
- **Personal History-** Previously having breast cancer increases your chance of developing a new type of breast cancer, as well as a recurrence of the previous breast cancer.
- **Age-** As women get older their chances increase, especially after menopause.
- **Obesity-** Estrogen is in fat tissue. With higher weight there is more fat tissue, which increases estrogen levels. This in turn can "spur on" cancer cells.
- **Women who have their first child after 35 or have never had a child** increases their risk of developing breast cancer.
- **Smoking-** increases risk.



Signs and Symptoms

- **Breast lump-** or thickening of tissue in the breast and/or in the *armpit*
- **Discharge from or pain in the nipple**
- **Change in the tissue of the breast-** pain, dimpling, scaliness, or peeling
- **Redness, irritation or pitting of the tissue-** It may have the appearance of the skin of an orange
- **Inverted or retracted nipple**
- **Abnormal change in the size of the breast**

What can you do?

- **Breast self-exams-** both female and male
- **Mammograms-** get a baseline at age 40, or sooner if there is a family history
- **Decrease fat intake-** especially saturated and trans (hydrogenated) fats
- **Increase dietary fiber**
- **Weight-** keep weight within recommended range
- **Eat a balanced diet-** including a lot of fruits and vegetables
- **Limit alcohol**
- **Stay active-** exercise regularly
- **Stop smoking**



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