



October 2016

Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. Here is some important information and advice you should know!

Breast cancer is the 2nd most common cancer experienced by American Women (skin cancer is 1st); 1 in 8 women will develop it in their lifetimes.

- ▶ The second most common cause of cancer death among women in the U.S. (behind lung cancer).
- ▶ Breast cancer happens when cells of the breast grow out of control. These cells form a tumor. A Tumor:
 - may be felt as a lump or be seen on an x-ray.
 - is called malignant if its cells can spread to nearby tissue or to other parts of the body (metastasize).
- ▶ Most breast cancers begin in the milk ducts or milk glands. But it can occur in any breast tissue.
- ▶ If cancer spreads to the lymph system, there is a greater chance it can spread to other parts of the body.
- ▶ Most breast lumps are not cancerous.
- ▶ Breast cancer occurs most often in women, but men can develop it too!

Signs and Symptoms

Know what is normal – how do your breasts normally look and feel? If you notice changes or a lump, get checked. Other possible symptoms include:

- Breast or nipple pain
- Swelling of all or part of breast
- Skin irritation or dimpling
- Nipple retraction (turning inward)
- Nipple discharge (not breast milk)
- Redness, thickening or scaling of breast skin or nipple

Screening

- Finding breast cancer early gives you the best chance of being treated successfully.
- Tumors that can be felt are often larger and more likely to have spread beyond the breast.

The Newest Screening Guidelines from the American Cancer Society:

Women with an average risk of breast cancer, which is most women:

- ▶ Begin yearly mammograms at age 45.
- ▶ Should be allowed to start screening as early as age 40, if they want to.
- ▶ Start talking to your health care provider at age 40 about when you should begin screening.
- ▶ At age 55, have mammograms every other year – women who want to keep having yearly mammograms should be able to do so.
- ▶ Regular mammograms should continue for as long as a woman is in good health.
- ▶ Breast exams, either from a medical provider or self-exams, are no longer recommended.



Women at high risk – because of family history, a breast condition, or another reason – need to begin screening earlier and/or more often. Talk to your medical provider to determine what is right for you.

For more information check out: <http://www.cancer.org/cancer/breastcancer/acsd-009149>



Tech Corner

Research shows that spending at least 15 minutes a day talking with your kids can:

- ◆ build the foundation for a strong relationship,
- ◆ develop their resilience to peer pressure, and
- ◆ help prevent bullying.

Available at Google Play (Android) and iTunes (iOS)

Bullying Prevention

With the school year now started you may be hearing about bullying from your children. Bullying is any threatening or aggressive behavior that is not wanted.

Here are some Important **Tips for Kids on How to Deal with Bullying:**

If You Are Being Bullied

- Using a calm voice, look at the kid bullying you and tell him/her to stop. If you are good at joking, try laughing it off. This might catch the bully off guard.
- If you think saying something to a bully is not safe or is too hard for you to do, walk away and stay away. Do not fight. Find an adult to stop the bullying right there.

Staying Safe from Bullying in the Future

- Talk to an adult who can help you make a plan to stop bullying. It's important not to keep your feelings inside.
- Stay near adults or other kids and avoid places where bullying happens.

Cyberbullying

- Think carefully about what you post online. You don't know who might see and forward it.
- Keep your passwords secret
- Always talk with an adult if you receive messages or see things online that scare you.

For more information go to: <http://www.stopbullying.gov/> and check out the app mention in the **Tech Corner**



Healthy Halloween Treat Options

The calories from those “bite size” chocolate treats add up fast. Just four are about 320 calories! This year try to give out healthy treats to your neighborhood ghosts and goblins! Here are some hints:

Treats with lower fat and sugar

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|---------------------------|--|
| • Cereal or granola bars | • Sugar-free gum or hard candy |
| • Trail mix | • Fig cookies |
| • Cracker Jacks | • Gummy candy made with real fruit juice |
| • Dried fruit snack packs | |
| • Gold fish crackers | |

Non-food treats

- Glow sticks
- Sticker
- Comic books
- Bottles of bubbles
- Rub-on temporary tattoos
- Small stuffed animals



Fit Tip: October is Physical Therapy Month – So, why choose PT?



PT can help you recover from and even prevent a wide variety of health issues. Here are a few examples of how PT might help you:

- ♦ **Decrease or Eliminate Pain** – specific exercises and treatment techniques can relieve pain and help prevent it from coming back.
- ♦ **Improve Mobility** – improve stiff or weak muscles, making movement easier, as well as fit people for devices like canes or walkers to make moving easier and safer.
- ♦ **Avoid Surgery** – help heal from an injury so surgery is not necessary. If you still need surgery, PT makes sure you go into it stronger so your recovery is usually quicker.
- ♦ **Recover or Prevent a Sports injury** – Physical Therapists know how certain sports can increase your risk of specific injuries. They can design special exercise programs to help prevent injury from happening.
- ♦ **Improve Balance to Prevent Falls** – teach you exercises that safely challenge and improve balance to reduce your risk of falls.
- ♦ **Treat Age Related Issues** – PT helps people recover from joint replacement surgery, as well as manage arthritis.
- ♦ **Manage Women’s Health Conditions** –can help address specific health issues a woman can experience with pregnancy and/or after giving birth.