

# THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA



Breast cancer is a group of diseases that affects the breast tissue. Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. **One in eight women in the United States will be diagnosed with breast cancer in her lifetime.** It is the second leading cause of cancer death among women. According to the World Health Organization (WHO), **breast cancer is the most common form of cancer among women globally,** claiming the lives of hundreds of thousands of women each year.

Women with certain risk factors are more likely than others to develop breast cancer. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) are unavoidable. Having a risk factor does not mean that a woman is guaranteed to get breast cancer. Many women who have risk factors never develop breast cancer. **Unfortunately, the exact causes of breast cancer is unknown.**

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved. **Getting mammograms regularly can lower one's risk of dying from breast cancer.** Death rates from breast cancer have been declining in part due to better screening and early detection, increased awareness, and continually improving treatment options.

*For more information, visit the American Cancer Society website at <https://www.cancer.org/cancer/breast-cancer.html>.*



## A Look at the October, 2019 Issue:

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# Breast Cancer Screening SAVES LIVES



TALK TO YOUR  
DOCTOR ABOUT  
MAMMOGRAMS

**98%** 98% of breast cancer patients survive when diagnosed early

2nd leading cause of cancer death in women

**2nd**

**85%** 85% breast cancers occur in women with no family history

Starting at age 40, women should talk to their doctor about when to start mammograms

**40**



## RISK FACTORS

### Gender

Being a woman is the #1 risk factor, but men get breast cancer too

### Age

Incidence increases with age

### Family

Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer.

### Ethnicity

Leading cause of cancer death for Hispanic women. More common in African American women under age 45

### Genetics

5-10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2

## EARLY DETECTION

Get a Mammogram!



## STAY HEALTHY



Maintain a Healthy Weight



Eat Fruit, Veggies and Whole Grains



Limit Alcohol



Exercise 30 minutes a day



Do Not Smoke

Healthy lifestyle choices are associated with lower cancer incidence

# HOPE



# BREAST SELF EXAM

» The American Cancer Society recommends having annual mammograms at age 45, but women who are at least 40 years old should be given the choice of having a yearly mammogram.



**ONCE A MONTH,  
2-3 DAYS AFTER PERIODS**



**EXAMINE BREAST AND ARMPIT  
WITH RAISED ARM**



**USE FINGERPADS WITH  
MASSAGE OIL OR SHOWER GEL**



**UP AND DOWN**



**WEDGES**



**CIRCLES**



**EXAMINE BREASTS IN THE MIRROR  
FOR LUMPS OR SKIN DIMPLING...**



**...CHANGE IN SKIN COLOR  
OR TEXTURE...**



**...NIPPLE DEFORMATION,  
COLOR CHANGE OR LEAKS OF ANY FLUID**

**wellness360**

\*If you find a lump or notice any changes, contact your doctor about scheduling an appointment to discuss your concerns.



# ART OF RECOVERY

**MONDAY,  
OCTOBER 21, 2019  
5:30 PM - 8 PM**

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**ART WORKS RICHMOND**  
320 HULL ST, | RICHMOND, VA 23224



The Art of Recovery is a collaborative, community event showcasing the creative expression of individuals in recovery and individuals affected by substance use and mental illness.

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**The event is FREE and open to the community!**