



# October Is Breast Cancer Awareness Month



Sunday Morning Health Corner:  
Breast Cancer Awareness

# Overview

- ▶ Breast Cancer: What's Going On
- ▶ Are you at risk?
- ▶ Signs & Symptoms
- ▶ Getting screened -  
Recommendations
- ▶ Early Detection & Early Treatment

# Breast Cancer: What's Going On

- ▶ There are two primary types of breast cancer, Invasive and non-invasive. This is based on whether or not the cancer has invaded neighboring tissue cells.
- ▶ Invasive carcinomas are the most common types of breast cancer. The cancer originates in the milk ducts or milk glands of the breast and invade surrounding tissue and can also spread to other organs via the blood stream or lymphatic system.
- ▶ About 1 in 8 women in the US will develop invasive breast cancer in their lifetime.

# Breast Cancer: What's Going On

- ▶ Breast cancer is the second leading cause of death related to cancer among women. The death rate for African-American women between the ages of 35-44 is nearly double the rate found among White women of the same age group (**16.3 – African-American vs 8.8 – White females**)
- ▶ There is a major need for more education and increased screenings and tests for breast cancer among at risk female populations.
- ▶ Your survival rate decreases drastically depending on what stage of breast cancer you. Among women diagnosed with Stage IV breast cancer, the survival rate drops from 93% for Stage II **down to only a 22% survival rate**

# Are You at Risk?



- ▶ Our risk for Breast cancer increases as we get older; significantly for women over the age of 55
- ▶ Family history of breast cancer increases your risk
- ▶ African-American females under age of 45 are at a greater risk than other women
- ▶ Dense or less fatty breast tissue increases risk by up to 2 times higher

# Signs & Symptoms of Breast Cancer



- ▶ The most common symptom reported is a lump or mass in the breast; typically found on a mammogram or breast exam
- ▶ Other symptoms can be:
  - Swelling of all or part of a breast (even if no distinct lump is felt)
  - Skin irritation or dimpling
  - Breast or nipple pain
  - Nipple retraction (turning inward)
  - Redness, scaliness, or thickening of the nipple or breast skin
  - Nipple discharge (other than breast milk)

# Getting Screened: Recommendations

- ▶ The American Cancer Society recommends the following screenings:
  - ▶ *Yearly mammograms for all women age 40 years and older*
  - ▶ *Clinical Breast Exam every 3 years for women between 20 – 30yrs old and yearly for women age 40+*
  - ▶ *Conduct routine self-breast exams and report any findings to your doctor immediately*
- ▶ Additional tests (MRIs, Genetic testing, etc.)
  - ▶ *Discuss your risk and family history with your doctor to determine if additional testing is needed with your yearly mammogram and/or breast exam*



# Early Detection & Early Treatment

- Getting your mammogram and breast exam can make the difference between life and death.
- Statistics and research shows that when breast cancer is found early **AND** treated early the chances of survival are greater and overall better outcomes



# Early Detection & Early Treatment

- Early diagnosis increases the number of options you have for possible treatments that may be less extensive and less invasive.
- Get your annual exams, talk with your doctor and work to live a healthy lifestyle that not only helps to reduce your risk, but it also helps improve treatment outcomes.

## EARLY DETECTION OF BREAST CANCER CAN LEAD TO:

### A GREATER RANGE OF TREATMENT OPTIONS



### LESS EXTENSIVE SURGERY



### BETTER TREATMENT OUTCOMES



# General Information and Resources

- ▶ [www.cancer.org](http://www.cancer.org) - The **American Cancer Society** encourages women to make healthy lifestyle choices such as eating a healthy diet, getting regular physical activity, and reducing alcohol, if a woman drinks. These choices can help reduce their breast cancer risk.
- ▶ <http://www.cdc.gov/cancer/breast/index.htm> - **Are you worried about the cost?** CDC offers free or low-cost mammograms and education about breast cancer. Find out if you qualify.  
(<http://www.cdc.gov/cancer/nbccedp/screenings.htm>)
- ▶ In this podcast, Dr. Lisa Richardson discusses the importance of women being screened regularly for breast cancer.  
<http://www2c.cdc.gov/podcasts/player.asp?f=8626405>

# Questions/Comments



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