



Health Yourself Byte

OCTOBER IS BREAST CANCER AWARENESS MONTH

If it hasn't already, breast cancer will likely touch you or someone you know. Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 450 will die each year. While breast cancer is about 100X more common in women, many people don't realize that **MEN** have breast tissue and that they can develop breast cancer.

SYMPTOMS OF BREAST CANCER IN WOMEN & MEN:

- Lump or swelling in chest area
- Skin dimpling or puckering
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple



RISK FACTORS FOR BREAST CANCER INCLUDE:

- **Age:** Half of all women diagnosed are over age 65.
- **Weight:** Being obese or overweight.
- **Diet & Lifestyle:** Lack of physical activity, a diet high in saturated fat, and alcoholic intake of more than two drinks per day.
- **Menstrual & Reproductive History:** Early menstruation or late menopause, having your first child at an older age or not having given birth, or taking birth control pills for more than ten years if you are under 35.
- **Family & Personal History:** A family history of breast cancer—particularly a mother, sister, or a personal history of breast cancer of benign (non-cancer) breast disease.
- **Medical & Other Factors:** Dense breast tissue (often identified by a mammogram), past radiation therapy to the breast or chest area. A history of hormone treatments—such as estrogen and progesterone, or gene changes— including BRCA1, BRCA2, and others.

Talk to your personal physician about when you should begin having mammograms and the schedule for your routine mammogram as you age. Also, every woman should be skilled in doing monthly breast self- exams. If unsure about the 5 steps of a breast self-exam go to www.breastcancer.org and select the symptoms and diagnosis link then the breast self exam option!

The advanced GE digital technology for performing mammograms is available at The Medical Center of Plano's Women'sLink. Make the phone call that could save your life! Breast cancer, when detected early, can be cured. Schedule your screening mammogram today by calling **972.612.6500!** Saturday appointments are available.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano