

2016 Education Series



Did you know..?

- **Breast cancer is the second most commonly diagnosed** cancer among American women, more than **200,000** cases per year.
- Most breast cancers are found in **women 50 years or older**.
- **85%** of breast cancers occur in women with **no family history**.
- Physically active women are **25% less likely to develop breast cancer**.



What is Breast Cancer?

The term “breast cancer” refers to a malignant tumor that has developed from cells in the breast.

Cancer occurs as a result of **mutations**, or **abnormal changes**, in the genes responsible for regulating the growth of cells. Instead of healthy new cells taking over as old ones die out, the **mutations cause the affected cell to keep dividing without control**, producing more cells just like it and forming a tumor.

A tumor can be **benign**, not cancerous, or **malignant**, cancerous. Left unchecked, **malignant cells eventually can spread** beyond the original tumor to other parts of the body.

Breast cancer is caused by a **genetic abnormality** (a “mistake” in the genetic material). However, **only 5-10%** of cancers are due to an abnormality **inherited** from your mother or father. Instead, **85-90%** of breast cancers are due to **genetic abnormalities** that happen as a **result of the aging process and lifestyle choices (smoking, inactive, processed foods, excess pounds, stress)**

While we can't change the genetic component, the good news is that we can make **significant life style changes** in order to **reduce** our chances of acquiring breast and/or other cancers.

http://www.breastcancer.org/symptoms/understand_bc/what_is_bc

Risk Factors

- **Being a Woman**
- **Age** - two out of three invasive breast cancers are found in women **55 or older**.
- **Family History** –Sister, mother, daughter with breast cancer, doubles your risk.
- **Genetics** - About **5% to 10%** of breast cancers are thought to be hereditary
- **Personal History of Breast Cancer** - are **3 to 4 times more likely** to develop a **new cancer**
- **Being Overweight** -Overweight women have a higher risk, especially after menopause.
- **Pregnancy History**- haven't had a full-term pregnancy or first child after age 30
- **Drinking Alcohol** -increases the risk of hormone-receptor-positive breast cancer.
- **Having Dense Breasts** – harder for mammograms to detect breast cancer, higher risk
- **Low levels of Vitamin D**- may play a role in controlling normal breast cell growth and may be able to stop breast cancer cells from growing.
- **Exposure to Chemicals in Food**- pesticides, antibiotics, and hormones used on crops and livestock may cause health problems, including an increase in breast cancer risk.
- **Lack of Exercise/** Sedentary life style
- **Smoking / Vaping**

<http://www.nationalbreastcancer.org/breast-cancer-risk-factors>

Signs and Symptoms

A change in how the breast or nipple feels

- Nipple **tenderness** or a **lump** or thickening in or near the breast or underarm area.
- A change in the **skin texture** or an enlargement of pores in the skin of the breast.
- A **lump in the breast**.

A change in the breast or nipple appearance

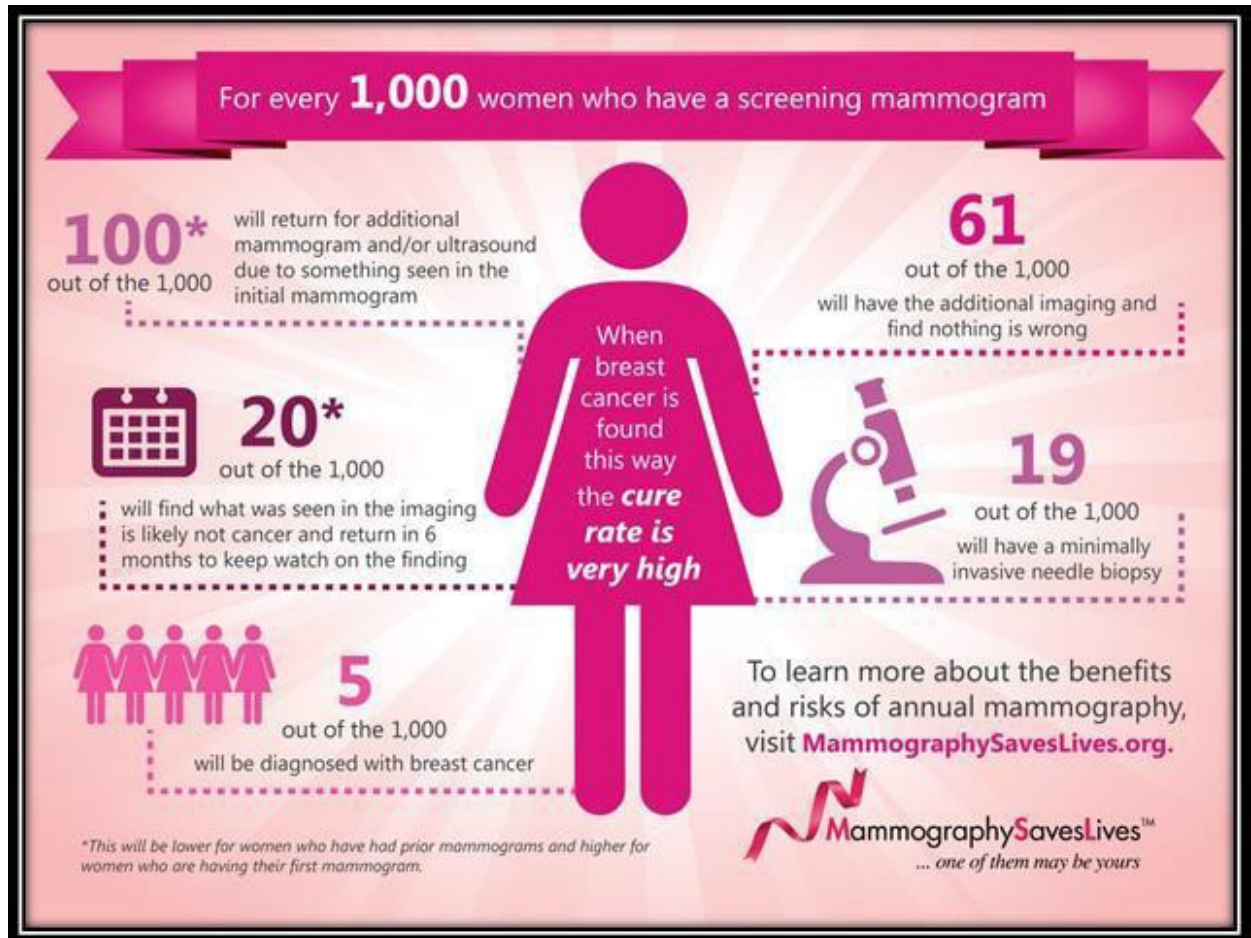
- Any unexplained change in the **size or shape** of the breast
- **Dimpling** anywhere on the breast
- Unexplained **swelling** of the breast (especially if on one side only)
- Unexplained **shrinkage** of the breast (especially if on one side only)
- Recent **asymmetry** of the breasts
- Nipple that is turned **slightly inward or inverted**
- Skin that becomes **scaly, red, swollen** or pitting resembling the skin of an orange
- **Any nipple discharge**, particularly clear discharge or bloody discharge

<http://www.nationalbreastcancer.org/breast-cancer-symptoms-and-signs>

Early Detection Saves Lives!

1. **Monthly breast self-exams** (see attached instructions on how to perform)
2. **Yearly Clinical breast exam**- Physician will check for lumps or physical changes in the breast

Consult your Physician to discuss your health conditions and concerns



What You Can Do To Decrease Your Risk

Develop healthy habits that can reduce your cancer risk:

1. Maintain a **healthy weight**
2. Stay physically **active**
3. **Manage** stress and tension
4. **Eat** fresh fruits and vegetables
5. **Do not** smoke or vape
6. **Limit** alcohol consumption
7. **Limit** fast/processed/junk food consumption
8. Decrease **sugar** intake
9. Never put your cell phone in **your bra**



Cancer Fighting Foods

To **reduce your risk of cancers**, eat delicious, whole **plant-based foods** for phytonutrients and the **cancer fighting properties they contain!**



Richard Béliveau, PhD, chair in the prevention and treatment of cancer at the University of Québec at Montreal and

Cancer Fighting Salad Recipe

Strawberry Fennel Salad

Yield: Serves 4

This mouthwatering salad is full of vitamins, nutrients and natural chemicals to help prevent cancer

- Fennel provides plenty of folate, fiber, and vitamin C.
- Fennel also contains anethole, a phytochemical with strong anti-cancer properties.
- The strawberries and walnuts are supercharged with antioxidants.

See the recipe attached for preparation and additional information:



Source: <http://www.healwithfood.org/recipes/fennel-strawberry-salad.php#ixzz4KuupPWvp>

Thank You!
“Healthy You, Healthy Us”
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“Be Your Super Hero” 2016
If not now....when?