

# 2017 Education Series



## *Did you know ...?*

- About **1 in 8 U.S. women** (about 12%) will develop invasive breast cancer over the course of her lifetime.
- In 2017, an estimated **252,710 new cases of invasive breast cancer** are expected to be diagnosed in women in the U.S., along with **63,410 new cases of non-invasive** (in situ) breast cancer.
- About **2,470 new cases of invasive breast cancer** are expected to be diagnosed **in men** in 2017. A man's lifetime risk of breast cancer is about **1 in 1,000**.
- **85%** of breast cancers occur in women with **no family history**.
- Physically active women are **25% less likely to develop breast cancer**.

**1 in 8**   
women will be diagnosed with **breast cancer** during their lifetime

**IN THE UNITED STATES**

One woman is **diagnosed with breast cancer** every three minutes.

03:00

One woman **will die from breast cancer** every 13 minutes.

13:00

**Breast cancer is** second only to lung cancer in cancer deaths among women

*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](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**

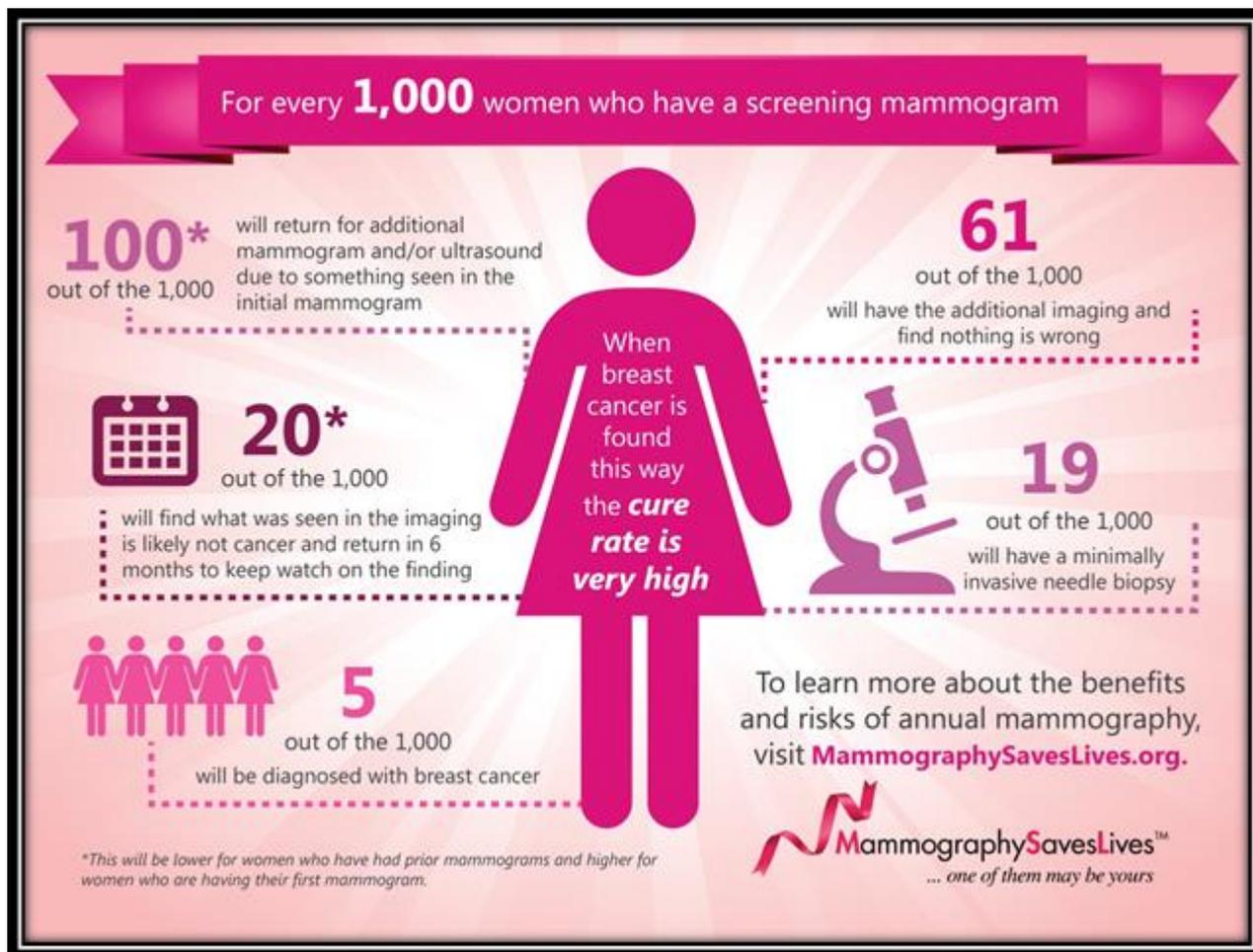
- Any unexplained change in the **size or shape** of the breast
- **Dimpling** anywhere on the breast
- Unexplained **swelling** of the breast (especially if on one side only)
- Unexplained **shrinkage** of the breast (especially if on one side only)
- Recent **asymmetry** of the breasts
- Nipple that 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!*

- Monthly breast **self-exams** (see attached instructions on how to perform)
- **Yearly Clinical breast exam**- Physician checks for lumps or physical changes in the breast
- **Lymphatic Breast Massage** – (see attached instructions on how to perform)
- **Yearly Mammogram**
- **Annual physical** – See your healthcare professional

**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 E cig - 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**
10. **Meditate** to calm the mind
11. **Diaphragmatic** deep breathing
12. **Have fun** and laugh a lot!



## *Cancer Fighting Foods*

# FIGHT BREAST CANCER WITH THESE FOODS

INCORPORATING THESE FOODS INTO YOUR DIET MAY OFFER YOU A CHANCE TO REDUCE YOUR RISK OF CANCER.

## FIBER

Bananas, carrots, almonds, raisins, instant oatmeal (cooked), lentils, green peas, artichoke



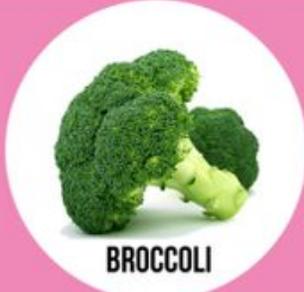
## OMEGA-3

Salmon, walnuts, kale, canned tuna, chia seeds, flaxseeds, basil, cod liver oil, wild rice, sardines, oysters



## CRUCIFEROUS VEGGIES

Broccoli, cauliflower, brussels sprouts, cabbage, bok choy, argula



## FOLIC ACID

Raspberries, spinach, sunflower seeds, dark leafy greens, beans, asparagus, lentils, split peas, avocado, beets, squash



INFORMATION FOUND THROUGH DOCTOROZ.COM AND NUMEROUS INTERNET SEARCHES

*See the attached cancer fighting recipe*

## *“Grilled Avocado with Fresh Tomato Salsa”*

*Thank You!*



*Audrey ♦ Janice ♦ Juli*

**“Healthy You, Healthy Us”**  
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**“Healthy, Happy & Whole” 2017**  
Create your tomorrow....*Today*