S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health AWAREness, a part of the Center for Health & Well-Being

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Breast Cancer AWAREness

In 2013, 234,580 people will be diagnosed with breast cancer. Cancer is not necessarily fatal. If cancer is detected early, it can often be cured. Not all lumps are malignant. Eighty percent of all breast lumps are benign or non-cancerous.

Warning Signs and Symptoms:

- a lump or thickening of the breast
- change in breast shape
- discharge from the nipple
- dimpling or puckering of the skin
- retraction of the nipple
- scaly skin around the nipple
- change in skin color or texture of the breast

Risk Factors:

- having developed breasts
- age (55+ more likely to get breast cancer)
- family history/genetics
- previous history of breast cancer
- radiation to chest or face (ex. radiation therapy) before age 30
- smoking/drinking
- no pregnancy/breastfeeding history

What Can I Do to Reduce My Risk of Breast Cancer?

- Clinical breast exams after age 20 (You can make a Women's Health appointment at the IUP Health Service)
- Regular exercise
- Getting regular amounts of folate, vitamin D, and calcium (Ask Nutrition Connection for more information)
- If you drink alcohol, limit intake to less than one drink a day (Contact ATOD for more information)
- Eat a healthier diet—100 percent whole grain foods, more "good" fats instead of "bad" fats, less red meat and processed meats

Breast Self Examination (BSE)

The best time to do a BSE is 2-3 days after your period ends. This is the time of the month when your breasts are least likely to be tender or swollen. By examining your breasts regularly, you will know how your breasts normally feel. In turn, this will help you notice any changes that may occur. If you find changes, consult your doctor.

Early detection is the best protection!

Over 95 percent of people who have treatment in the early stage of cancer remain cancer free for 10 years or more. The key is to be aware of your body and changes that may occur.

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Breast Cancer in LGBTQ People

-Lesbian non-trans* women are more likely to have breast cancer because they are less likely to have children and are more likely to be obese and consume alcohol.

-Trans* people who are going through hormone therapy, whether they are taking testosterone or estrogen, may be at an increased risk of breast cancer.

(For more information on breast cancer in LGBTQ people, go to ww5.komen.org)

Health Resources

Health AWAREness
724-357-4799

IUP Health Service
724-357-2550

Adagio Health
724-349-2022

Updated by Melissa King

Sources: www.webmd.com/breast-cancer/guide/breast-self-exam, www.breastcancer.org/, www.fenwayhealth.org, ww5.komen.org, www.shcc.ufl.edu, womansday.com