



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health and Wellness Promotion in the Center for Health and Well-Being

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## BREAST CANCER AWARENESS

According to the Centers for Disease Control and Prevention (CDC), Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

source: [https://www.cdc.gov/cancer/breast/basic\\_info/what-is-breast-cancer.htm](https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm)

### Breast Cancer Statistics

- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- In 2020, an estimated 276,480 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S.
- As of January 2020, there are more than 3.5 million women with a history of breast cancer in the U.S.
- In 2020, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers.

Source: [https://www.breastcancer.org/symptoms/understand\\_bc/statistics](https://www.breastcancer.org/symptoms/understand_bc/statistics)

### 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
- pulling in of the nipple or pain in the nipple area
- scaly skin around the nipple

source: [https://www.cdc.gov/cancer/breast/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm)

### Risk Factors

- having dense breasts
- age (50+ 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

source: [https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)

### Cancer Risk Reduction

According to the World Health Organization, at least one-third of all cancer cases are preventable. Below are suggestions on how you can reduce your chances of developing cancer, while embracing a lifestyle that promotes general health and well-being:

- Clinical breast exams after age 20
- Regular exercise
- Getting regular amounts of folate, vitamin D, and calcium
- If you drink alcohol, limit intake to less than one drink a day
- Eat a healthier diet—100% whole grain foods, more “good” fats instead of “bad” fats, less red meat and processed meats

source: <https://www.who.int/cancer/prevention/en/>

### Breast Self Examination BSE



Step 1



Step 2



Step 3



Step 4

The best time to do a Breast Self Examination (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.