

**REMINDER:**

Early Detection Is the Best Protection!!'

\*To Determine eligibility for "**free**" mammograms & cervical exams, call:  
1-877-252-3324

(The Alabama Breast & Cervical Cancer Early Detection Program).

**Some warning signs of breast cancer are:**

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

*If you have any signs that worry you, be sure to see your doctor right away.*



**News You Can Use**  
"Breast Cancer Awareness & Domestic Violence Awareness Month."

Popcorn & A Movie Night is 2nd Saturday (October 8) @ 6 pm.  
The Movie: "**Catching Faith**"

**Cancer...Breast Cancer Awareness**

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

A breast is made up of three main parts: glands, ducts, and connective tissue. The glands produce milk. The ducts are passages that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) connects and holds everything together.

**Lumps in the Breast**

Many conditions can cause lumps in the breast, including cancer. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small fluid-filled sacs that can develop in the breast.

**What Is a Normal Breast?**

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

**Common Kinds of Breast Cancer**

- **Ductal carcinoma.** The most common kind of breast cancer. It begins in the cells that line the milk ducts in the breast, also called the lining of the breast ducts.
  - **Ductal carcinoma *in situ* (DCIS).** The abnormal cancer cells are only in the lining of the milk ducts, and have not spread to other tissues in the breast.
  - **Invasive ductal carcinoma.** The abnormal cancer cells break through the ducts and spread into other parts of the breast tissue. Invasive cancer cells can also spread to other parts of the body.

Let's wear PINK or PURPLE  
in a show of support on  
October 9, 2016.

## Factors That Decrease Your Risk

- Being older when you first had your menstrual period.
- Starting menopause at an earlier age.
- Giving birth to more children, being younger at the birth of your first child, and breastfeeding your children.
- Getting exercise and maintaining healthy weight. Excess weight carries excess estrogen which is risk factor for potentially developing breast cancer.

## Factors That Increase Your Risk

- Long-term use of hormone replacement therapy.
- Personal history of breast cancer or non-cancerous breast diseases.
- Family history of breast cancer (on either your mother's or father's side of the family).
- Treatment with radiation therapy to the breast/chest.
- Exposure to diethylstilbestrol (DES) (for example, if you took DES during pregnancy or your mother took DES during her pregnancy with you).
- Dense breasts by mammogram.
- Drinking alcohol.
- Night-shift work, unclear reasons.

- **Lobular carcinoma.** In this kind of breast cancer, the cancer cells begin in the lobes, or lobules, of the breast. Lobules are the glands that make milk.
  - **Lobular carcinoma *in situ* (LCIS).** The cancer cells are found only in the breast lobules. Lobular carcinoma *in situ*, or LCIS, does not spread to other tissues.
  - **Invasive lobular carcinoma.** Cancer cells spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

**Some women will develop breast cancer even without any known risk factors.** Having a risk factor does not mean you will get the disease, and not all risk factors affect your risk to the same extent. Most women have some risk factors and most women do not get breast cancer

### You can help lower your risk of breast cancer in the following ways:

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get enough sleep.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer, (carcinogens).
- Try to reduce your exposure to radiation, during medical tests like X-rays, CT scans, and PET scans.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your babies, if possible.

## Mammogram

A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.

### When should I get a mammogram?

The United States Preventive Services Task Force recommends that women should have mammograms every year from age 50 to 74 years.

### How is a mammogram done?

You will stand in front of a special X-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The other breast will be X-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four X-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

## Tips for Getting a Mammogram

- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

### What does having a mammogram feel like?

Having a mammogram is uncomfortable for most women. Some women find it painful. A mammogram takes only a few moments, though, and the discomfort is over soon. What you feel depends on the skill of the technologist, the size of your breasts, and how much they need to be pressed. Your breasts may be more sensitive if you are about to get or have your period. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the X-ray for early signs of breast cancer or other problems.

### What happens if my mammogram is abnormal?

If it is abnormal, do not panic. An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems.

## Breast cancer Treatment

Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. People with breast cancer often get more than one kind of treatment.

- Surgery. An operation where doctors cut out cancer tissue.
- Chemotherapy. Using special medicines to shrink or kill the cancer. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- Hormonal therapy. Blocks cancer cells from getting the hormones they need to grow.
- Biological therapy. Works with your body's immune system to help it fight cancer or to control side effects from other cancer treatments. Side effects are how your body reacts to drugs or other treatments.
- Radiation therapy. Using high-energy rays (similar to X-rays) to kill the cancer.

**\*\*Monthly message\*\***

Breast cancer can have optimal outcomes as long as detected early. Get to know your breasts and check them every month; best time is in shower and don't forget to check above and below clavicle and beneath armpits! God gave us these precious parts for Godly representation and care. Become aware of your breast health and learn more about them in order to help educate other women.

In His Service,  
H-3 ministry

*'Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers' 1 Timothy 4:16 NIV*

resources this issue

Resources: [www.cdc.gov](http://www.cdc.gov)