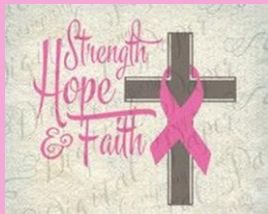


A Cancer Fact

Approximately one in eight women will develop invasive breast cancer during her lifetime, according to the American Cancer Society (ACS).



*In His Service,
H-3 ministry*

*Don't be impressed with
your own wisdom .Instead,
fear the Lord and turn away
from evil. Then you will have
healing for your body and
strength for your bones.*

Proverbs 3:7-8 NLT



Breast Cancer Symptoms

Perhaps the most recognized symptom of breast cancer is a lump or mass in the breast tissue. While many women go to their doctor after finding a lump, they should also be aware of any other changes to the breast or nipple.

With the different types of breast cancer come a variety of related symptoms. For example, invasive ductal carcinoma (IDC), which forms in the milk ducts, may cause a distinct breast lump that you can feel. Invasive lobular carcinoma (ILC), which forms in the milk-producing glands, may cause a thickening in the breast.

Symptoms of breast cancer vary from person to person. Some common breast cancer signs and symptoms include:

- Skin changes, such as swelling, redness, or other visible differences in one or both breasts
- An increase in size or change in shape of the breast(s)
- Changes in the appearance of one or both nipples
- Nipple discharge other than breast milk
- General pain in/on any part of the breast
- Lumps or nodes felt on or inside of the breast

Symptoms more specific to invasive breast cancer are as follows:

- Irritated or itchy breasts
- Change in breast color
- Increase in breast size or shape (over a short period of time)
- Changes in touch (may feel hard, tender or warm)
- Peeling or flaking of the nipple skin
- A breast lump or thickening
- Redness or pitting of the breast skin (like the skin of an orange)

These symptoms may be attributed to a number of conditions other than cancer. If you notice any cancer signs or symptoms, it's important to visit your doctor for an accurate diagnosis



Breast Cancer Screening: Understanding the Guidelines

Mammography is a very important screening tool for early breast cancer detection, but there are several different guidelines for when to start and how often to undergo mammography. This can be confusing for many women.

The American College of Radiology recommends annual screening mammography beginning at age 40. The ACS (American Cancer Society) guidelines (outlined below) emphasize screening based on a woman's individual risk of developing breast cancer and her personal preferences.

When should I start?

A woman's first mammogram serves as a baseline to compare results of subsequent mammograms.

- Women should begin discussing breast cancer screening with their health care providers at age 40. From 40-44 years of age, women have the option to begin annual screening if they choose to do so. All women should begin annual mammograms by age 45.
- Women who are at higher risk for developing breast cancer, such as women with a family history of breast or ovarian cancer, should discuss their own personal risk factors with their health care providers, and may need to start screening earlier.

How often should I get a mammogram?

- Women at average risk for developing breast cancer should have annual mammograms until age 55. After age 55, mammograms may be obtained every other year.
- Women who wish to continue annual mammograms after age 55 and women at higher risk for developing breast cancer should continue annual screening.

Should I get a 3D mammogram or a 2D mammogram?

- Digital 3D mammography (also known as digital breast tomosynthesis), the latest technology used in mammography, takes multiple images of each breast from different angles. It has been shown to improve earlier detection of breast cancers and reduce the number of call backs for repeat imaging.
- Depending on personal risk factors, supplementary imaging tools such as breast ultrasound or breast magnetic resonance imaging (MRI) may be appropriate.

Special Note: To Determine Eligibility for "FREE" Mammograms and Cervical Exams Call:

1-877-252-3324 Alabama Breast and Cervical Cancer Early Cancer Detection Program





10 Reasons Why Physical Therapy is Beneficial



Physical therapy helps people of all ages who have medical conditions, illnesses or injuries that limit their regular ability to move and function.

A customized physical therapy program can help individuals return to their prior level of functioning, and encourage activities and lifestyle changes that can help prevent further injury and improve overall health and well being. Primary care doctors often refer patients to physical therapy at the first sign of a problem, since it is considered a conservative approach to managing problems. Wondering what makes physical therapy so important? In honor of Physical Therapy month in October, here are 10 ways it may benefit you:

1. **Reduce or eliminate pain.** Therapeutic exercises and manual therapy techniques such as joint and soft tissue mobilization or treatments such as ultrasound, taping or electrical stimulation can help relieve pain and restore muscle and joint function to reduce pain. Such therapies can also prevent pain from returning.
2. **Avoid surgery.** If physical therapy helps you eliminate pain or heal from an injury, surgery may not be needed. And even if surgery is required, you may benefit from pre-surgery physical therapy. If you are going into a surgery stronger and in better shape, you will recover faster afterwards in many cases. Also, by avoiding surgery, health care costs are reduced.
3. **Improve mobility.** If you're having trouble standing, walking or moving—no matter your age—physical therapy can help. Stretching and strengthening exercises help restore your ability to move. Physical therapists can properly fit individuals with a cane, crutches or any other assistive device, or assess for orthotic prescription. By customizing an individual care plan, whatever activity that is important to an individual's life can be practiced and adapted to ensure maximal performance and safety.
4. **Recover from a stroke.** It's common to lose some degree of function and movement after stroke. Physical therapy helps strengthen weakened parts of the body and improve gait and balance. Physical therapists can also improve stroke patients' ability to transfer and move around in bed so that they can be more independent around the home, and reduce their burden of care for toileting, bathing, dressing and other activities of daily living.
5. **Recover from or prevent a sports injury.** Physical therapists understand how different sports can increase your risk for specific types of injuries (such as stress fractures for distance runners). They can design appropriate recovery or prevention exercise programs for you to ensure a safe return to your sport.
6. **Improve your balance and prevent falls .** When you begin physical therapy, you will get screened for fall risk. If you're at high risk for falls, therapists will provide exercises that safely and carefully challenge your balance as a way to mimic real-life situations. Therapists also help you with exercises to improve coordination and assistive devices to help with safer walking. When the balance problem is caused by a problem in one's vestibular system, Physical therapists can perform specific maneuvers that can quickly restore proper vestibular functioning, and reduce and eliminate symptoms of dizziness or vertigo.
7. **Manage diabetes and vascular conditions.** As part of an overall diabetes management plan, exercise can help effectively control blood sugar. Additionally, people with diabetes may have problems with sensation in their feet and legs. Physical therapists can help provide and educate these patients on proper foot care to prevent further problems down the road.
8. **Manage age-related issues .** As individuals age, they may develop arthritis or osteoporosis or need a joint replacement. Physical therapists are experts in helping patients recover from joint replacement, and manage arthritic or osteoporotic conditions conservatively.
9. **Manage heart and lung disease.** While patients may complete cardiac rehabilitation after a heart attack or procedure, you also may receive physical therapy if your daily functioning is affected. For pulmonary problems, physical therapy can improve quality of life through strengthening, conditioning and breathing exercises, and help patients clear fluid in the lungs.
10. **Manage Women's Health and other conditions.** Women have specific health concerns, such as with pregnancy and post-partum care. Physical therapists can offer specialized management of issues related to women's health. Additionally, PT can provide specialized treatment for: Bowel incontinence, breast cancer, constipation, fibromyalgia, lymphedema, male pelvic health, pelvic pain, and urinary incontinence.

October is Health Literacy Month

“Health Literacy” is the ability to read, understand and act upon health information. A significant gap exists between the way health care issues are communicated and the ability of most people to understand them.

All people, and not just those with limited reading skills or people for whom English is a second language, are affected by limited health literacy. According to the National Action Plan to Improve Health Literacy, nearly 9 out of 10 adults have difficulty using routine health information.

When people struggle with understanding how to prevent and manage health conditions, they are more likely to skip necessary medical tests, have a harder time with their diabetes or high blood pressure and visit the emergency room more often. They also tend to make mistakes with their medications, and fail to understand nutrition labels.

The good news is that health care facilities are trying to improve. One of the resources used is the *National Action Plan to Improve Health Literacy*. This Plan as well as others have given health care providers several tools to better deliver their messages to patients. They include simplifying written materials, using video or other ways to teach patients, and tips to help doctors speak more clearly with patients.

There are also several things that you can do to improve your understanding of health related information:

1. **Improve Communication With Your Doctors and Other Health Professionals:**

- Before you leave for your appointment make a list of your symptoms and when they started. Bring a list of your current medications, write down your questions, and bring paper to take notes.
- Ask your doctor, nurse or pharmacist to use familiar language and write down their information.
- Ask questions if something is not clear. Let the health care person know if what they are telling you is confusing in any way. Ask for written materials written in plain language.
- Make sure you know whom to call with any questions you may have after you get home.

2. **Take action within your community:**

- Ask your librarian how to find clearly written and relevant health information. Take classes offered by librarians on Internet and social media tools.
- Attend health education programs at your public or hospital library, community centers, or faith-based organizations. Request these programs if they aren't offered.
- Request that local schools teach kids about health education and deliver clear health messages to kids, like proper hand washing techniques.

resources this issue

Resources: <http://www.cancercenter.com/breast-cancer/symptoms/>
<https://brighamhealthhub.org/breast-cancer-screening-understanding-the-guidelines?>
<https://www.burke.org/blog/2015/10/10-reasons-why-physical-therapy-is-beneficial/58>
<https://www.healthtradition.com/october-is-health-literacy-month/>

