



Jasper School District

October Wellness Newsletter 2011

Disease information:

Breast Cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society, an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year.

Today there are about 2.5 million breast cancer survivors living in the United States.

Risk Factors:

- getting older (lifetime risk of 1 in 8 women)
- starting menopause after age 55
after age 35
- being over weight after menopause
as an adult
- high bone density
than one alcoholic drink daily
- family history of breast cancer
old at time of first period
- current or recurrent use of birth control
children
- being a woman
- having children
- gaining weight
- having more
- being <12 years
- never having

Common signs & symptoms of breast cancer include:

- A change in how the breast or nipple feels-You may experience nipple tenderness or notice a lump or thickening in or near the breast or in the underarm area.
- A change in how the breast or nipple looks-This could mean a change in the size or shape of the breast or a nipple that is turned slightly inward. In addition, the skin of the breast, areola or nipple may appear scaly, red or swollen or may have ridges or pitting that resembles the skin of an orange.
- Nipple discharge

Early detection:

- An early detection plan significantly increases your chances of survival
- Plan to get a mammogram every 1-2 years
- Complete a self breast exam monthly for unusual nodules

Resources:

www.cancer.org
www.breastcancer.org
www.komen.org
www.nationalbreastcancer.org

Upcoming event:

Komen Arkansas Race for the Cure, Little Rock, October 22, 2011