



WELLNEWS

OCTOBER 2013

Breast Cancer Awareness Month Get Tested for Breast Cancer



Mammograms can help find breast cancer early. You have a better chance of surviving breast cancer if it's found and treated early.

Women ages 40 to 49: Talk with your doctor about when to start getting mammograms and how often you need them.

Women ages 50 to 74: Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

What is a mammogram?

A mammogram is an x-ray of the breast. Mammograms use a very low level of x-rays, which are a type of radiation. A mammogram is very safe.

When you get mammograms, the nurse will place your breasts, one at a time, between two plastic plates and take pictures of them. Mammograms may be uncomfortable for some women, but they don't hurt.

It takes only about 20 minutes to get mammograms.

What if the doctor finds something wrong with my breast?

Mammograms let the doctor or nurse look for small lumps inside your breast. If a lump is found, the doctor or nurse will do other tests to find out if it's cancer.

The doctor or nurse may take a small bit of tissue from the lump for testing. This is called a biopsy ("BY-op-see").

What is breast cancer?

Abnormal cells in the breast can turn into cancer. Breast cancer can spread to other parts of the body.

About 1 in 8 women born today in the United States will get breast cancer at some time during their life. After skin cancer, breast cancer is the most common kind of cancer in women. The good news is that many women can survive breast cancer if it's found and treated early.

Talk with your doctor or nurse if you notice any of these changes:

- A lump in the breast
- A change in size, shape, or feel of the breast
- Fluid (called discharge) coming out of a nipple

-Two or more of your close family members (such as parents, sisters, or children) have had breast or ovarian cancer

-A close family member had breast cancer before age 50

-A close family member has had cancer in both breasts

-A family member had both breast and ovarian cancer

-You have Eastern European Jewish heritage

What is genetic counseling?

Genetic counseling is when a trained health professional talks with you about your family health history. Some diseases, such as breast and ovarian cancer, can run in families. Genetic counseling can help you decide whether to get genetic tests.

What is genetic testing?

Genetic tests help doctors look for mutations (changes) in your genes. If you have a mutation in certain genes, such as *BRCA1* and *BRCA2*, you are more likely to get breast or ovarian cancer.



Talk with your doctor about genetic counseling and testing.

Genetic counseling and genetic testing can help you understand your risk for cancer. Talk with your doctor about genetic testing for breast and ovarian cancer if:

Personalized Care

Source: <http://www.healthfinders.gov>

www.affinityhealth.org

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Myth vs. Facts on Breast Cancer

Myth #1

Breast cancer is the number one enemy of women.

Fact:

The number one enemy is NOT breast cancer but the **late detection** of breast cancer. Breast cancer detected early can usually be successfully treated.



Myth #2

Finding a lump is the only way to detect breast cancer.

Fact:

Some cancers do not form a lump. A visual exam of the breast can often show symptoms that need to be reported to a health care provider.

Other symptoms include:

- Discharge from one breast
- Inversion of a normally everted nipple
- Dimpling- a pulling in of the breast skin
- Bulge- area of raised tissue on one breast
- Itching, irritated or scaly nipple with or without discharge
- Rapid increase in pain with redness or rash.
- Rapid increase in size of one breast
- Changes in the shape of the breast
- Changes in the vein pattern of one breast

Myth #3

No history of Breast Cancer in your family means you never have to worry about it.

Fact:

All women are at risk for breast cancer. 76% of women diagnosed with breast cancer last year did not have a family history of breast cancer. The biggest risk is being female.

Myth #4

A mother's family history of breast cancer is the only important history.

Fact:

A father's family history is equally important and can impact breast cancer risk. Hereditary breast cancer is caused by inheriting a mutated (damaged) gene from either your father or mother.

Myth #5

"Young women don't get breast cancer".

Fact:

Breast cancer can occur at any age. Risk increases with age. 23% of women diagnosed are under the age of 50.

Source: www.affinityhealth.org

White Chicken Chili



Ingredients:

- 1 lb. boneless, skinless chicken or turkey breast
- 4 ½ cups great northern beans, cooked
- 2 cups fat-free, low sodium chicken broth
- 2 cups thick and chunky salsa
- 1 cup reduced fat mozzarella cheese
- Chopped cilantro (optional)

Preparation:

- Cook and shred chicken or turkey breast; set aside.
- In a large saucepan, mix together beans, broth, and salsa.
- Heat thoroughly, adding more broth if needed.
- Stir in meat and cheese and top with cilantro, if desired

Nutritional Information

Per Serving: Calories: 230
Total Fat: 4g
Carbohydrates: 24g
Protein: 26g
Fiber: 8g

Source: www.twopeasandtheirpod.com

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:

<http://search.active.com/?tab=events>

