

OCTOBER

BREAST CANCER AWARENESS MONTH

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October 2022

National Breast Cancer Awareness Month

Completing our mammograms is just one way for us to celebrate breast cancer awareness month.

To combat breast cancer we must first understand cancer. Per the National breast cancer foundation, cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that have the potential to invade surrounding tissues or spread to other parts of a person's body.

Check out the video link below: Beyond the Shock: What is Breast Cancer

https://www.youtube.com/watch?v=rEV_bc32HaY&t=15s

Many providers will have patients start their screenings before 50, however, the CDC recommendation is women who are 50-74 years old and at average risk for breast cancer get mammograms every 2 years.

Women who are 40 to 49 years old should discuss with their doctor or other health care provider about when to start their screenings.

As with any cancer, early detection is key to increasing an individual's survival chances. This year alone, over 250,000 women are projected to be diagnosed with breast cancer. This is why early detection is the key.

The video link attached below can help answer this question.

https://www.cdc.gov/cancer/breast/basic_info/screening.htm

There are three steps to early detection for breast cancer.

1. Breast Self-Exam monthly at home (Age 20 and over)
 - a. As women we need to conduct self-exams so we can report any changes to our primary care provider
2. Clinical breast exam (Ages 20-39 every 3 years and 40 and over annually)
 - a. This is typically an in-office exam completed by gynecologist or family physician during your annual exam.
3. Mammogram (40 and over, yearly)
 - a. This is an X-ray, which a specialist uses to review the breast tissue for any suspicious areas as mammograms can typically show a breast lump before its felt.

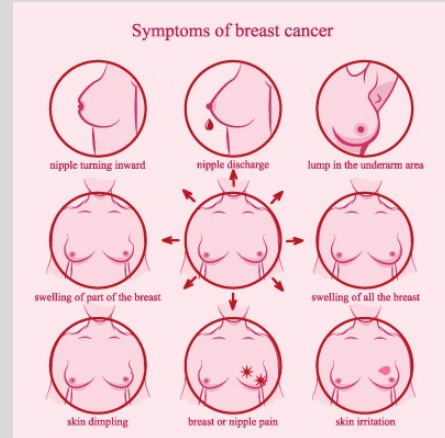


Did you know that at present approximately 85% of women who develop breast cancer had no family history of the disease, per the American Cancer Society? If you have a first-degree relative who has had breast cancer, your risks do double. Knowing your family history is just as important as being screened.

Symptoms of Breast Cancer

The symptoms of breast cancer include:

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



Risk Factors: Cannot change & you can change

https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

While it is not common for a man to have breast cancer, it can and does happen. About 1 of every 100 breast cancers diagnosed in the U.S. is found in a man.

Video on Men and breast cancer

<https://youtu.be/CS7P5nCLJns>

Ways to reduce the risk of Breast Cancer:

1. Maintain a healthy weight
2. Be physically active
3. Choose not to drink alcohol, or drink in moderation
4. Breastfeed, if possible
5. If you have taken or are taking hormone replacement therapy or oral contraceptives
6. Family history – discuss with your provider



There are many ways to treat breast cancer and these options will be discussed with your provider and those following your treatment and include:

1. **Surgery:** Operation where doctors cut out cancer tissue
2. **Chemotherapy:** Is special medicines used to shrink or kill the cancer cells. These can be pills or medicine given in your veins and in some cases both.
3. **Hormonal therapy:** Blocks cancer cells from getting the hormones they need to grow
4. **Biological therapy:** Works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments.
5. **Radiation therapy:** Uses high-energy rays to kill the cancer cells

Resources:

<https://www.piedmont.org/living-better/3-steps-to-early-breast-cancer-detection>

https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm

<https://www.cdc.gov/cancer/breast/men/index.htm>

QPIC Corner

Saturday Mammograms

Just for you!! 😊



Throughout October
& November

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Or email: QPICCM@healthtexas.org

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Healthy Recipe

<https://healunited.org/avocado-pudding/>

Healthy Snack

Avocado Pudding
Makes 4 servings

Ingredients:

- 2 large ripe avocados – peeled and pitted
- 4 Tbsp unsweetened cacao powder
- ½ cup 2% milk
- 4 Tbsp maple syrup (real) or honey
- +/- tsp vanilla; add enough vanilla to cut out the avocado taste
- Pinch of ground cinnamon (optional)



Directions:

1. Combine all ingredients and blend until smooth.
2. Refrigerate pudding until well chilled.
3. Serve cold.

Nutrition (1 of 4 servings)

Serving: 1 serving, Calories: 219, Total Fat: 12 g Saturated fat; 2g; Trans fat 0 g; Unsaturated fat 9 g; Cholesterol 1 mg; Sodium 30mg; Carbohydrates 28g; Fiber 6g; Sugar 17g; Protein 3 g

Writer Notes: This treat is packed with healthy fats and vitamins and is a great way to use leftover avocados. Avocados are rich in many nutrients, including fiber, healthy fats, vitamin C, vitamin C, vitamin B6, potassium, magnesium, and folate.

