



BREAST CANCER

AWARENESS MONTH

Living Beyond Breast Cancer

Medical Review: Regina Hampton, MD. FACS

September 2024

As we move through the month of October, we want to encourage the women in our lives to obtain the breast cancer screening or mammogram.

The cause of breast cancer is still unknown.

This is an essential part of our annual preventive screenings to take our personal wellbeing. Breast cancer is an uncontrolled growth of abnormal cells in the breast and is the second most common cancer after skin cancer (among women) in the United States, according to Living beyond Breast Cancer.

October is Breast Cancer awareness month and is the perfect month to schedule your own screening if you are of the age of 40-75 or have a family history of breast cancer.

While breast cancer is more prevalent among women, we do need to point out that men can get breast cancer as well. While the rates are in smaller numbers, it is possible for breast cancer to reach the men in your family as well.

Breast cancer takes place when abnormal changes occur in genes that control cell growth and they divide uncontrollably. The damaged or old cells will typically die but in this case, they do not die as expected. Another word used for cancerous cells is malignant. At times, these cells will form into groups, also known as tumors.

Individuals who have survived breast cancer know the struggles and challenges they faced during treatment and what they face each day moving forward after treatment.

Surprisingly, only 10% of breast cancer diagnosis arise from inherited gene mutations such as BRCA1 and BRCA2.

Youtube

Think Before You Pink® - A 20 Year Look Back

<https://www.youtube.com/watch?v=2WoFVol647Q>

Real Pink – Dr. Dennis Holmes – Podcast on Risk Factors

https://www.youtube.com/watch?v=4M0dAic_LLc&t=46s



15 Recipes for People with Breast cancer: <https://www.healthline.com/health/breast-cancer/recipes-for-breast-cancer>

[What to Eat During Cancer Treatment](#)

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cancer.org/bookstore

While researchers do not know the cause of breast cancer, some risk factors identified, include:

Not Controlled Factors

1. Born female
2. Age – (risk increases after age 55)
3. Family/Personal history of breast cancer
4. Having dense breasts
5. Previous radiation therapy to the chest
6. Having Ashkenazi Jewish background
7. Starting menstrual periods early
8. Beginning menopause at an older age
9. Socioeconomic factors: Across all racial groups, women with higher education and incomes are more likely to develop breast cancer. The reasons are unknown, but are projected to be tied to diet and environmental factors.

Controlled Factors:

1. Lack of exercise
2. Post-menopausal weight gain
3. Drinking alcohol
4. Taking some kinds of hormone replacement therapy after menopause (if taken for more than 5 years)

Article resource

Resources:


Medical Review: Regina Hampton, M.D., FACS, Retrieved: 10/02/2024, <https://www.lbbc.org/about-breast-cancer/what-is-breast-cancer/what-causes-breast-cancer>.

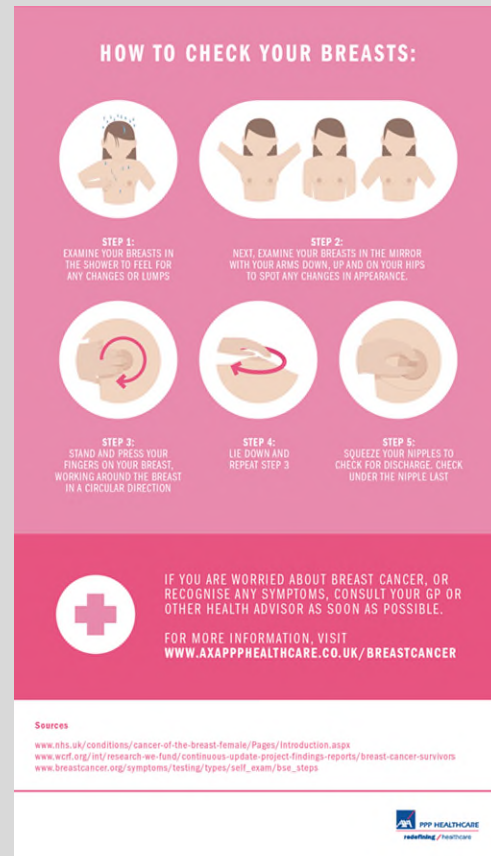


BE BREAST AWARE

ABOUT ONE IN EIGHT WOMEN ARE DIAGNOSED WITH BREAST CANCER DURING THEIR LIFETIME. MAKE SURE YOU ARE BREAST AWARE.

VISIT YOUR GP IF YOU NOTICE ANY OF THE FOLLOWING:

-  A CHANGE IN THE SIZE OR SHAPE OF ONE OR BOTH BREASTS
-  DISCHARGE FROM EITHER OF YOUR NIPPLES (WHICH MAY BE BLOODY)
-  A LUMP OR SWELLING IN EITHER OF YOUR ARMPITS
-  DIMPLING ON THE SKIN OF YOUR BREASTS
-  A RASH ON OR AROUND YOUR NIPPLE
-  A CHANGE IN THE APPEARANCE OF YOUR NIPPLE, E.G. BECOMING SUNKEN



HOW TO CHECK YOUR BREASTS:

STEP 1: STAND AND PRESS YOUR FINGERS ON YOUR BREAST, WORKING AROUND THE BREAST IN A CIRCULAR DIRECTION

STEP 2: NEXT, EXAMINE YOUR BREASTS IN THE MIRROR WITH YOUR ARMS DOWN, UP AND ON YOUR HIPS TO SPOT ANY CHANGES IN APPEARANCE.

STEP 3: STAND AND PRESS YOUR FINGERS ON YOUR BREAST, WORKING AROUND THE BREAST IN A CIRCULAR DIRECTION

STEP 4: LIE DOWN AND REPEAT STEP 3

STEP 5: SQUEEZE YOUR NIPPLES TO CHECK FOR DISCHARGE. CHECK UNDER THE NIPPLE LAST

IF YOU ARE WORRIED ABOUT BREAST CANCER, OR RECOGNISE ANY SYMPTOMS, CONSULT YOUR GP OR OTHER HEALTH ADVISOR AS SOON AS POSSIBLE.

FOR MORE INFORMATION, VISIT WWW.AXAPPHEALTHCARE.CO.UK/BREASTCANCER

Sources

www.nhs.uk/conditions/cancer-of-the-breast-female/Pages/introduction.aspx
www.wcf.org/inf/research-wcf/fund/continues-update-project-findings-reports/breast-cancer-survivors
www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps

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Healthy Recipe

<https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes/sweet-treats/raspberry-chia-pudding.html>

Cancer Risk Prevention

Raspberry Chia Pudding

By: American Cancer Society

Serves: 4

Ingredients:

- ½ cup unsweetened coconut milk, well shaken
- ½ cup fresh or frozen raspberries, defrosted
- 2-3 tbsps. maple syrup, agave nectar, or honey
- 2 tbsps. chia seeds

You can also substitute unsweetened (plain) almond milk for coconut milk



Directions:

1. In a blender, combine the coconut milk, raspberries, and 2 TBSPs of the maple syrup until smooth.
2. Taste and add more maple syrup, if desired.
3. Pour into a bowl and add the chia seeds, stirring well to combine. Leave in the bowl or transfer to individual ramekins for serving.
4. Cover with plastic wrap and refrigerate for at least 4 hours or overnight.

Nutrition:

Serving size ½ cup

Calories: 60cal | Saturated fat: 1g | Cholesterol: 0 mg | sodium: 0 mg | Carbohydrate: 8g | Dietary Fiber: 3g | Sugars: 4g | Protein: 1 g | Calcium: 60mg | Potassium: 70mg

Special Note: If desired, add fresh raspberries as a garnish before eating.

Resource: American Cancer Society, retrieved, 10/02/2024, Raspberry Chia Pudding

<https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes/sweet-treats/raspberry-chia-pudding.html>



LOCAL Breast Cancer Awareness Events:

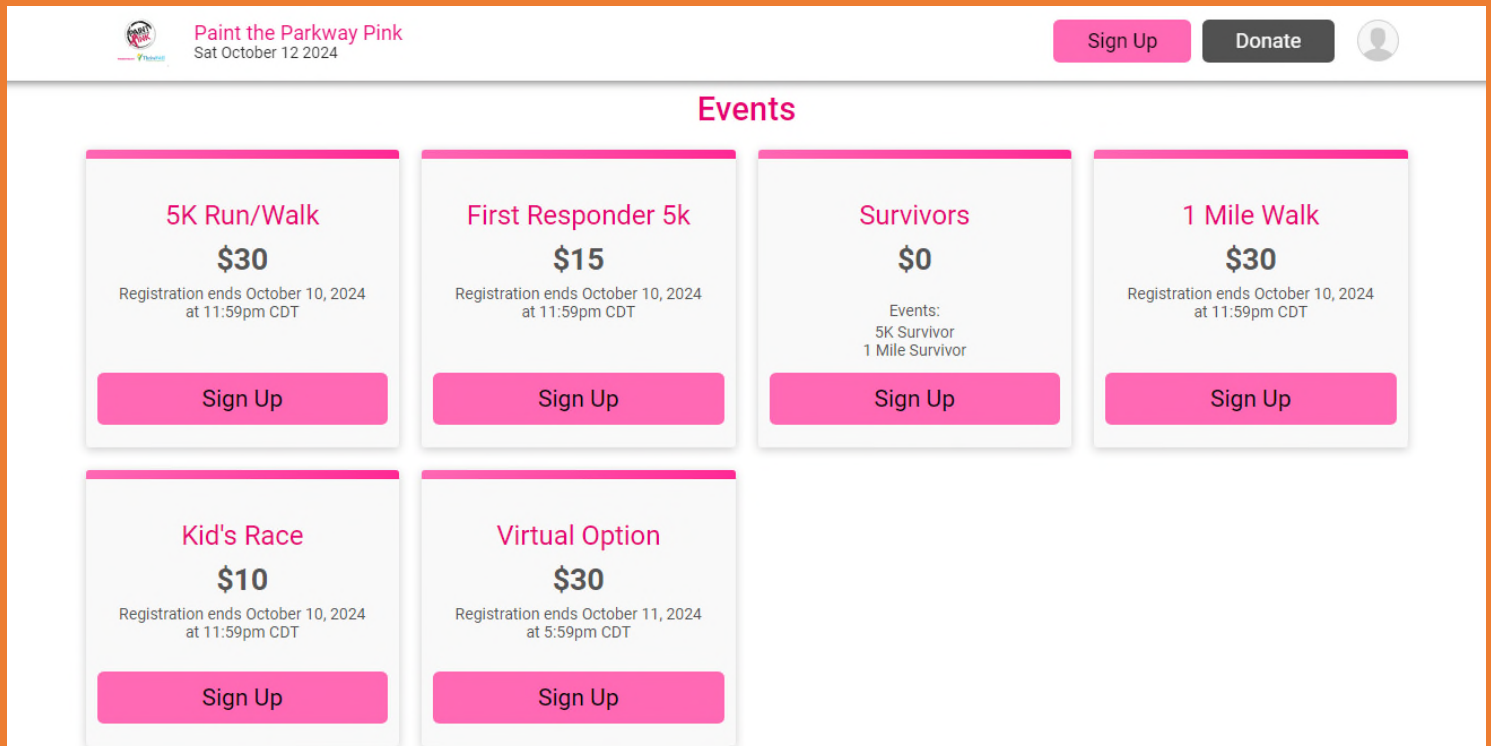
Paint the Parkway Pink

Sat October 12, 2024


San Antonio, TX 78214 US [Directions](#)

Saturday, October 12th, 2024

San Antonio Police Training Academy: 12200 SE Loop 410 Access Road



Paint the Parkway Pink
Sat October 12 2024

[Sign Up](#) [Donate](#) 

Events

Event Name	Fee	Registration Ends	Registration Time	Sign Up Button
5K Run/Walk	\$30	October 10, 2024	11:59pm CDT	Sign Up
First Responder 5k	\$15	October 10, 2024	11:59pm CDT	Sign Up
Survivors	\$0	Events: 5K Survivor, 1 Mile Survivor		Sign Up
1 Mile Walk	\$30	October 10, 2024	11:59pm CDT	Sign Up
Kid's Race	\$10	October 10, 2024	11:59pm CDT	Sign Up
Virtual Option	\$30	October 11, 2024	5:59pm CDT	Sign Up

Use the link below to register for the October 12th event

<https://runsignup.com/Race/Events/TX/SanAntonio/PainttheParkwayPinkTexas>