

# HEALTH AND WELLNESS MINISTRY

## BREAST CANCER

There are two primary types of breast cancer, invasive and non-invasive. This is based on whether or not the cancer has invaded neighboring tissue cells. Invasive carcinomas are the most common types of breast cancer. The cancer originates in the milk ducts or milk glands of the breast and invade surrounding tissue and can also spread to other organs via the bloodstream of the lymphatic system.

**BREAST CANCER IS THE 2ND LEADING CAUSE OF DEATH RELATED TO CANCER AMONG WOMEN. AFRICAN AMERICAN WOMEN HAVE THE HIGHEST BREAST CANCER INCIDENCE OVERALL.**

About 1 in 8 women in the US will develop invasive breast cancer in their lifetime.

Breast cancer is the second leading cause of death related to cancer among women. The death rate for African American women between the ages of 35-44 is nearly double the rate found among White women of the same age group (16.3-African American vs. 8.8-white females).

There is a significant need for more education and increased screenings and tests for breast cancer among at-risk female populations.

Your survival rate decreases drastically depending on what stage of breast cancer you have. Among women diagnosed with stage IV breast cancer, the survival rate drops from 93% for stage II down to only a 22% survival rate.

## GUIDELINES ON NUTRITION AND PHYSICAL ACTIVITY FOR CANCER PREVENTION

Maintain a healthy weight. Losing even a small amount of weight has health benefits and is a good place to start.

Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.

Limit sedentary behavior such as sitting, lying down, watching TV, video games, etc.

Limit how much processed meat and red meat you eat.

Eat at least 2.5 cups of vegetables and fruits each day.

Let's challenge ourselves to lose some extra pounds, increase our physical activity, make healthy food choices, limit alcohol and look for ways to make our communities healthier places to live, work and play.

## RISKS

Our risk for breast cancer increases as we get older; significantly for women over the age of 55.

A family history of breast cancer increases your risk.

African American females under age 45 are at a greater risk than other women.

Dense or less fatty breast tissue increases risk by up to 2 times higher.

## SIGNS & SYMPTOMS

The most common symptom reported is a lump or mass in the breast; typically found on a mammogram or breast exam.

Other symptoms can be:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)

## GETTING SCREENED

The American Cancer Society recommends the following screenings:

- Finding breast cancer early reduces your risk of dying from the disease by 25-30% or more.
- Mammograms show changes in the breast up to two years before a patient or physician can feel them.
- Mammography has helped reduced breast cancer mortality in the US by nearly 40% since 1990.
- Yearly mammograms for all women ages 40 years and older.
- Clinical breast exam every 3 years for women between 20-30 years old.

- Conduct routine self-breast exams and report any findings to your doctor immediately.
- MRIs, Genetic testing, etc.
- Discuss your risk and family history with your doctor to determine if additional testing is needed with your yearly mammogram and/or breast exam.

## EARLY DETECTION AND EARLY TREATMENT

- Getting your mammogram and breast exam can make the difference between life and death.
- Statistics and research shows that when breast cancer is found early **AND** treated early, the chances of survival are greater and overall better outcomes.
- Early diagnosis increases the number of options you have for possible treatments that may be less extensive and less invasive.
- Get your annual exams, talk with your doctor and work to live a healthy lifestyle that not only helps to reduce your risk, but it also helps improve treatment outcomes.

## BREAST CANCER PREVENTION

How A Breast Self-Exam Should Be Performed:

- 1) **In the Shower:** Using the pads of your fingers, move around your entire breast in a circular pattern checking the entire breast and armpit area.
- 2) **In Front of a Mirror:** Visually inspect your breasts with your arms at your sides. Raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles.
- 3) **Lying Down:** When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads

of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Do the same for the opposite breast.

4) Use light, medium and firm pressure. Squeeze the nipple, check for discharge and lumps.

***“For I will restore health unto them, and I will heal thee of thy wounds, saith the Lord.”  
Jeremiah 30:17***

#### **References**

[www.cancer.org](http://www.cancer.org)

[www.cdc.gov/cancer/breast/index/htm](http://www.cdc.gov/cancer/breast/index/htm)

<https://healthchurches2020.org>