



Mission in Motion

Health & Wellness Newsletter

October 2014 – Cancer Awareness

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Why Get Screened?

Numerous studies have clearly shown that getting a mammogram and a breast exam reduces the risk of dying from breast cancer. Breast cancers found during a mammogram are more likely to be smaller and still confined to the breast. Finding breast cancer early (called early detection) can improve the chances that breast cancer can be treated successfully and with more treatment options, less extensive surgery, and ultimately, better treatment outcomes.

The American Cancer Society's current **Breast Cancer Screening Guidelines** recommend:

- ✂ Yearly mammograms at age 40 and continuing for as long as a woman is in good health
- ✂ Breast exam about every 3 years for women in their 20s and 30s and every year for women 40 and over
- ✂ All women should know how their breasts normally look and feel and should report ANY breast change promptly to their doctor or nurse.

Source: American Cancer Society



Signs and Symptoms of Breast Cancer

Widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms. Still, some breast cancers are not found by mammogram, either because the test was not done or because, even under ideal conditions, mammograms do not find every breast cancer.

The most common symptom of breast cancer is a new **lump** or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass or lump or breast change checked by a health care professional experienced in diagnosing breast diseases.

Other possible signs of breast cancer include:

- ✂ 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)
- ✂ Redness, scaliness, or thickening of the nipple or breast skin
- ✂ Nipple discharge (other than breast milk)

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to your doctor so that he or she can find the cause.

Source: American Cancer Society

What Are The Risk Factors For Breast Cancer?

A risk factor is anything that affects your chance of getting a disease, such as cancer. Different cancers have different risk factors. For example, exposing skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for cancers of the lung, mouth, larynx (voice box), bladder, kidney, and several other organs.

But risk factors don't tell us everything. Having a risk factor, or even several, does not mean that you will get the disease. Most women who have one or more breast cancer risk factors never develop the disease, while many women with breast cancer have no apparent risk factors (other than being a woman and growing older). Even when a woman with risk factors develops breast cancer, it is hard to know just how much these factors might have contributed.

Some risk factors, like a person's age or race, can't be changed. Others are linked to cancer-causing factors in the environment. Still others are related to personal behaviors, such as smoking, drinking, and diet. Some factors influence risk more than others, and your risk for breast cancer can change over time, due to factors such as aging or lifestyle.

Risk Factors You Cannot Change:

Gender

Simply being a woman is the main risk factor for developing breast cancer. Men can develop breast cancer, but this disease is about 100 times more common among women than men. This is probably because men have less of the female hormones estrogen and progesterone, which can promote breast cancer cell growth.

Aging

Your risk of developing breast cancer increases as you get older. About 1 out of 8 invasive breast cancers are found in women younger than 45, while about 2 of 3 invasive breast cancers are found in women age 55 or older.

Family History of Breast Cancer

Breast cancer risk is higher among women whose close blood relatives have this disease.

Having one first-degree relative (mother, sister, or daughter) with breast cancer approximately doubles a woman's risk. Having 2 first-degree relatives increases her risk about 3-fold.

The exact risk is not known, but women with a family history of breast cancer in a father or brother also have an increased risk of breast cancer. Altogether, less than 15% of women with breast cancer have a family member with this disease. This means that most (over 85%) women who get breast cancer *do not* have a family history of this disease.

Lifestyle Related Factors & Breast Cancer Risks:

Having Children

Women who have had no children or who had their first child after age 30 have a slightly higher breast cancer risk. Having many pregnancies and becoming pregnant at a young age reduce breast cancer risk. Pregnancy reduces a woman's total number of lifetime menstrual cycles, which may be the reason for this effect.

Breastfeeding

Some studies suggest that breastfeeding may slightly lower breast cancer risk, especially if it is continued for 1½ to 2 years. But this has been a difficult area to study, especially in countries such as the United States, where breastfeeding for this long is uncommon.

Drinking Alcohol

The use of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who don't drink alcohol. Excessive alcohol consumption is also known to increase the risk of developing several other types of cancer.

Physical Activity

Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. The main question is how much exercise is needed. In one study from the Women's Health Initiative, as little as 1.25 to 2.5 hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more.



Source: American Cancer Society



When breast cancer is detected *early*, in the localized stage, the 5-year survival rate is **98%***

*NATIONAL CANCER INSTITUTE

Start now by creating a
Early Detection Plan below.

Why You Need An Early Detection Plan

One in eight women will be diagnosed with cancer in their lifetime; and when cancer is detected early, the 5 year survival rate is 98%.

The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. Create your Early Detection Plan to receive reminders to do breast self-exams, and schedule your clinical breast exams and mammograms based on your age and health history.

You can visit earlydetectionplan.org or download the app “Early Detection Plan: Breast Cancer” on Google Play or the App Store and get started on your plan today!

Source: National Cancer Institute

What Are The Key Statistics About Breast Cancer in Men

The American Cancer Society estimates for breast cancer in men in the United States for 2014 are:

- 🎗 About 2,360 new cases of invasive breast cancer will be diagnosed.
- 🎗 About 430 men will die from breast cancer.

Breast cancer is about 100 times less common among men than among women. For men, the lifetime risk of getting breast cancer is about 1 in 1,000. The number of breast cancer cases in men relative to the population has been fairly stable over the last 30 years.

Source: American Cancer Society



Upcoming Events

Breast Cancer Awareness Luncheon - Thursday, 10/09/2014

Breast Cancer Awareness Walk - Saturday, 10/18/2014

Employee Health Fair - Friday, 10/24/2014

*More Details to Follow

Health & Wellness
Seminars

Breast Cancer Awareness Luncheon

Thursday, 10/09/2014

Breast Cancer Awareness Walk

Saturday, 10/18/2014

Employee Health Fair

Friday, 10/24/2014

Grilled Pizza with Grilled Vegetables

Ingredients:

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| 1lb. prepared whole-wheat pizza dough | ½ med red onion, cut crosswise, slices |
| 4 large mushrooms, stemmed, cut | 2 cloves garlic, cut into 4 slices |
| 2 large tomatoes, halved, seeded, sliced | Salt & freshly ground black pepper |
| 1 med. Bell pepper, seeded, ½ in. strips | 1 ½ cups, shredded mozzarella cheese |
| 1 med. Zucchini, cut into ½ slices | 4 large basil leaves, cut into thin strips |

Directions:

1. Divide pizza dough into thirds. Set aside one third for later use. Divide remaining thirds in half, for a total of four pieces. Gently form into balls and place in lightly oiled bowls. Cover bowls with dish towel and let sit until dough is soft and pliable, 30 minutes to 1 hour, depending on how cold it is.
2. While dough warms up, for topping, in mixing bowl, combine mushrooms, tomatoes, peppers, zucchini, onion and garlic. Sprinkle on salt and 4-5 grinds pepper. Add 4 teaspoons of oil, and using your hands, toss until vegetables are coated with oil. Set vegetables aside for 30 minutes.
3. When pizza dough is soft, lift 1 piece and pat it into a disk. Holding disk by its edge so dough dangles down, gradually work your fingers around the edge, turning and gently stretching it into 4-inch disk. Place stretched dough on large baking sheet and repeat with remaining 3 pieces. Cover dough and let rest for 10 minutes, until soft enough to repeat, stretching pieces to 7-8 inches. Leave dough on baking sheet, covered, while preparing grill.
4. Heat gas grill to medium-high or charcoal grill until ash on charcoal is white. Place marinated vegetables in grill basket. Grill, stirring vegetables occasionally, until crisp-tender, 7-8 minutes. Set grilled vegetables aside.
5. Turn gas grill to low or move coals all to one side of charcoal grill. Use remaining oil to brush disks of pizza dough lightly on both sides. Arrange dough on grill; for charcoal grill place pieces on side without coals. Grill 5-6 minutes, until dough is puffy on top, and bottom is golden brown with darker spots. Using tongs, turn pizza crusts over. Immediately sprinkle one-quarter of cheese over each crust, leaving 1/2 inch edge. Close lid and grill until bottom of crust is golden with darker spots and cheese is just melted, about 1-2 minutes. Remove grilled pizza crusts to individual plates and heap one-fourth of grilled vegetables on top of each crust. Sprinkle on basil and serve.



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*Our mission is to
promote health
awareness and to
encourage healthy
lifestyles*