# October 2019 Breast Cancer Awareness





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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Breast Cancer Awareness.

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# Stop Breast Cancer in its Tracks

Breast cancer is the most common cancer among American women. But when cancer is only in the breast and is found and treated early, the relative survival rate is 99 percent. There's no better reason to find it early.

These steps may help find or stop breast cancer before it gets the upper hand:

- **Do self-exams at least once a month.** Any changes like new lumps or changes in the breast tissue or skin could be early warning signs. If you notice anything that doesn't seem normal, talk to your doctor.
- **Get routine mammograms.** If you're a woman over 50, be sure to have a mammogram every two years. If you're between the ages of 40 to 49, talk to your doctor about when to start and how often to get one.
- **Keep healthy habits.** A healthy lifestyle can lower your risk for breast cancer and many other sicknesses.

One in eight women will get breast cancer in her lifetime. The National Breast Cancer Foundation offers a free eBook to make sure women have the tools and facts they need to protect their health. Get yours at nationalbreastcancer.org.

Sources: Centers for Disease Control and National Breast Cancer Foundation, Inc.

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## **Breast Cancer Awareness Month - History**

#### June 2018

#### **Praise for immunotherapy**

Immunotherapy completely regressed breast cancer in a patient who had a form of the disease resistant to other kinds of treatment.

2006

#### Drug reduced risk for post-menopausal women

The drug, Raloxifene, minimized the risk of developing breast cancer in women who have already passed through menopause.

1998

#### Tamoxifen-a breakthrough cancer drug

Tamoxifen cut the breast cancer risk for some women by as much as half.

1985

#### Lumpectomy vs. mastectomy

Researchers discovered that early-stage breast cancer patients had comparable survival rates whether treated with a lumpectomy and radiation — or a mastectomy.

1932

#### Improvement in mastectomy surgeries

A new procedure was found to be more effective and not as disfiguring as past ones.

# **Five Reasons Why October Is The Pinkest Month**



### 1. Breast cancer doesn't discriminate

Although breast cancer is more prevalent among American white women, African-American women tend to die from the disease more often.

### 2. Breast cancer can baffle scientists

Scientists don't really understand why the left breast seems to develop cancer more often than the right breast.

## 3. Breast cancer surgery was a trailblazer

The very first operation to use anesthesia to deaden pain was a breast cancer surgery.

### 4. Men get it, too

Overall, only one percent of American males are diagnosed with breast cancer, but African-American men just like women in their community, are more prone to die from the disease.

## 5. Breast cancer—the nuns' disease

At one time, breast cancer was called "the nuns' disease" because it seemed to afflict more nuns than women in the general population.

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# **Sideline Your Stress**





# **Every woman needs to keep herself healthy**

Have you scheduled your well woman exam?

If you're a woman, you may spend a lot of time taking care of others. But are you taking care of yourself? Make sure you're doing everything you can to stay healthy, including having a mammogram and Pap test.

Regular exams can detect cancer and other diseases in their earliest stages —when you're the most treatable. Follow these guidelines for your mammogram and Pap test:



- Women ages 40 to 44 have the choice to start annual breast cancer screening with mammograms.
- Women age 45 to 54 should get mammograms every year.
- Women age 55 and older should switch to mammograms every two years, or choose to continue yearly screening.
- Women age 21 to 29 should have a Pap test every three years.
- Women 30 to 65 should have a Pap test and an HPV test every five years.
- Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

#### Why Breast Cancer Awareness Month is Important

#### 1. It promotes self-care

Breast Cancer Awareness Month reminds women (and men ) that monthly breast cancer exams should be a regular part of one's self care. If you have never performed a self-exam, ask your doctor or nurse practitioner to guide you through. Look for changes within and surrounding your breast including dimpling, redness, scaliness or nipple discharge. Granted, some breasts are a little more "lumpy" than others but changes in size or in the tissue should send up a red alert to make an appointment to see your physician.

#### 2. It focuses on treatment

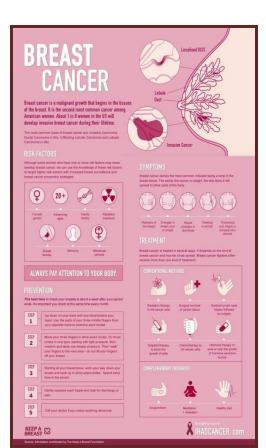
There are several different types of breast cancer. Treatment options depend on various patient factors: the stage and specific type of cancer, age and overall health at the time of diagnosis, and the patient's personal and family history. After the diagnosis, a patient should consult with family to choose a physician who can go over treatment options like surgery, chemotherapy, hormone therapy, and radiation.

#### 3. It shouts the good news

The National Cancer Institute recently declared that the U.S. cancer rate fell for diagnosed women between 2006-2015. Also, the FDA approved an at-home genetic testing kit for women to assess whether they carry any of the three gene mutations associated with breast cancer. Oncoplastic surgery, another positive option, is a surgical "two-fer" allowing the removal of cancerous breast tissue immediately followed by the re-sculpting of the breast's remaining tissue, restoring symmetry and a more natural appearance.



# **Breast Cancer....It's a Scary Thought**



Breast cancer ... it's a scary thought and all too many women assume that it won't happen to them. Fact is though, every ten minutes a woman is diagnosed with breast cancer in the UK. So, don't be ignorant, during breast cancer awareness month 2018 go for a medical checkup, it might save your life.

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit, or a discharge from the nipple. Even if none of these symptoms present themselves, a doctor should be visited to be sure. A doctor will most likely perform a manual exam and send you for a mammogram. A mammogram examination is painless and only takes about ten minutes.

If any of these symptoms do present themselves there's no need to panic. Most of the time, pain or a lump in a breast can be perfectly harmless. The pain can be a sign of a cyst or the lump can be benign. It's always better to be sure though.

If the mammogram shows a lump, your doctor will order a biopsy. This test will show if the lump is benign (harmless) or malignant (cancerous). If the lump is cancerous there's still no reason to panic. Early detection is a life saver. By way of a simple operation the lump is removed after which the doctor will discuss further options with you.

If you've never had a mammogram, make an appointment during breast cancer awareness month 2019. You can take a friend or family member with you and afterward you'll have peace of mind.

# **Did You Know?**

This is the perfect time to remind everyone about the importance of lowering your cancer risk by scheduling your appointment for a mammogram. Mission Regional medical Center is offering a special promotion during the month of October for only \$99.00



As a reminder, the mammogram is covered 100% under our insurance, but please share this information with family members and friends who are uninsured.

# Let's Get Moving!

# Move of the Month





# **Last Month's Events:**

# Thursday, September 19, 2019 Health & Wellness Seminar "Preventing Suicide"



# **Upcoming Events:**

## Wednesday, October 3, 2019

Breast Cancer Luncheon Time: 11:30AM – 1:00PM Location: Mission Event Center

### Saturday, October 12, 2019

Mission Hospital Breast Cancer Walk Time: 8:00 a.m. Location: Mission Hospital

# Wednesday, October 16, 2019

Sexual Harassment Training
Time: 12:00PM - 1:00PM
Location: Library

### Monday, November 4, 2019

Health Fair

Time: 7:30 a.m. – 12:00 p.m. Location: Mission Event Center