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KEEP
Hope
ALIVE
Breast Cancer
Awareness Month

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.

Facts About Breast Cancer In The United States

- In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.
- 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- This year, an estimated 42,170 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.5 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

Male Breast Cancer

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

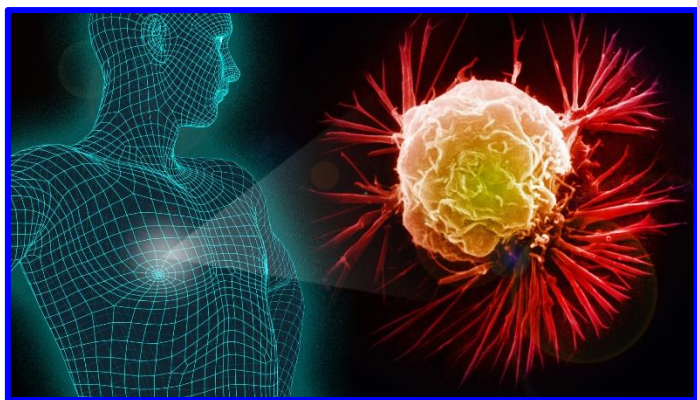


Source: <https://www.nationalbreastcancer.org/male-breast-cancer>

Genetic Testing For Men

Although treatment outcomes are very similar to women at the same stage of detection, a man diagnosed with breast cancer should also consider seeing a genetics counselor for a consultation. If a man tests positive for a defective gene (most commonly either BRCA1 or BRCA2) that can lead to a future diagnosis of breast cancer and his children have a 50% chance of carrying the gene. In addition:

A male child of a man with breast cancer who inherits the defective BRCA2 gene has only approximately 6% chance of eventually developing breast cancer and just over 1% with BRCA1. A female child of a man with breast cancer who inherits the defective gene has a risk between 40% and 80% of eventually developing breast cancer. Men with a genetic predisposition to breast cancer (carrying BRCA2 gene mutation) are also at higher risk of getting prostate cancer at a younger age than usually diagnosed, as well as being at higher risk for melanoma and pancreatic cancer.



Source: <https://www.nationalbreastcancer.org/male-breast-cancer>

Early Detection



According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

Symptoms and Signs

Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive about your breast health.

Breast Pain

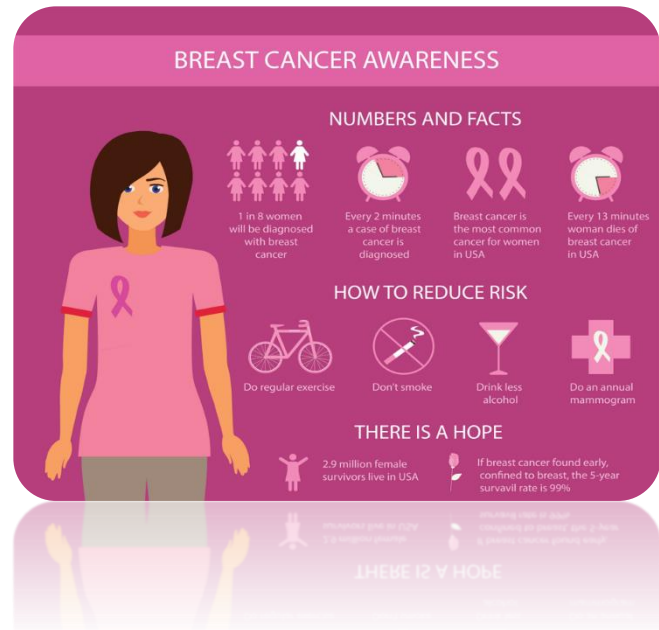
Breast pain is any discomfort, tenderness, or pain in the breast or underarm region, and it may occur for a number of reasons. Breast pain usually isn't a sign of breast cancer.

Breast Cyst

A cyst in the breast may feel like a lump, but upon examination the lump is a small, generally harmless sac filled with fluid rather than a cancerous or benign lump of cells. You may have one cyst or many cysts that appear together.

Detecting Breast Cancer Early

Adult women of all ages are encouraged to perform breast self-exams at least once a month. While mammograms can help you to detect cancer before you can feel a lump,



breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

Clinical Breast Exam

A clinical breast exam is performed by a healthcare professional who is trained to recognize many different types of abnormalities and warning signs. This in-office exam will most likely be completed by your family physician or gynecologist at your annual exam, whereas your breast self-exam is something every woman should do once a month at home.

Mammogram

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

Healthy Habits

Although you cannot prevent cancer, some habits that can help reduce your risk are:

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption

Did You Know?



Omada® is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress. It’s an approach shown to help you lose weight and reduce the risks of type 2 diabetes.

- **Eat healthier**
Learn the fundamentals of making smart food choices.
- **Increase activity**
Discover easy ways to move more and boost your energy.
- **Overcome challenges**
Gain skills that allow you to break barriers to change.
- **Strengthen habits**
Zero in on what works for you, and find lasting motivation.
- **Stay healthy for life**
Continue to set and reach your goals with strategies and support.

MORE GREAT NEWS:

If you or your adult family members are enrolled in our Blue Cross and Blue Shield of Texas health plan and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits.

Take a 1-minute health screener to see if you're eligible:
omadahealth.com/mission

You'll get your own:

-  Insightful health metrics
-  Connected smart scale
-  Weekly interactive lessons
-  Professional health coach
-  Online community



Let's Get Moving!

Move of the Month



30-DAY PLANK CHALLENGE

DAY 1.	20 sec	DAY 16.	2 min
DAY 2.	20 sec	DAY 17.	2 min
DAY 3.	30 sec	DAY 18.	2 min 30 sec
DAY 4.	30 sec	DAY 19.	REST
DAY 5.	40 sec	DAY 20.	2 min 30 sec
DAY 6.	REST	DAY 21.	2 min 30 sec
DAY 7.	45 sec	DAY 22.	3 min
DAY 8.	45 sec	DAY 23.	3 min
DAY 9.	1 min	DAY 24.	3 min 30 sec
DAY 10.	1 min	DAY 25.	3 min 30 sec
DAY 11.	1 min	DAY 26.	REST
DAY 12.	1 min 30 sec	DAY 27.	4 min
DAY 13.	REST	DAY 28.	4 min
DAY 14.	1 min 40 sec	DAY 29.	4 min 30 sec
DAY 15.	1 min 50 sec	DAY 30.	5 min

Coming Soon!



Flu Shot and Labs