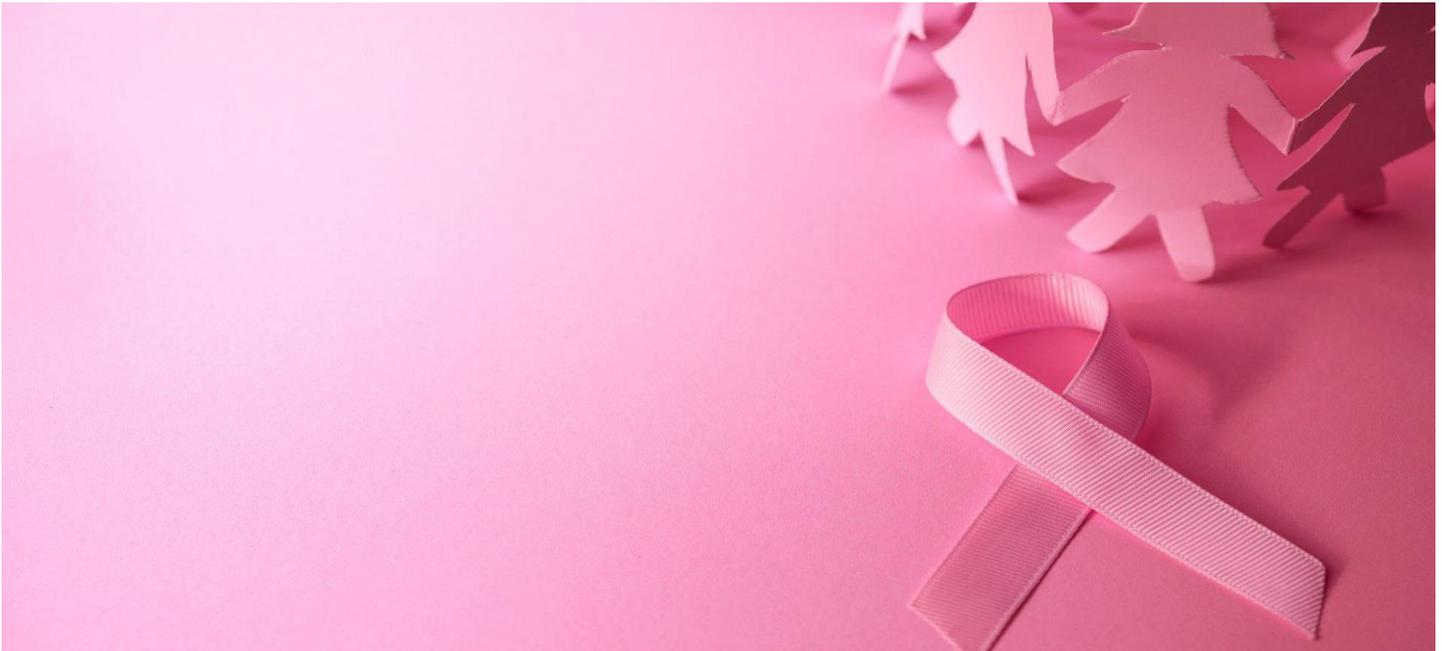


Breast Cancer Awareness

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.



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.

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



HUMAN RESOURCES DEPARTMENT

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Facts About Breast Cancer In The United States

- In 2021, an estimated 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 49,290 new cases of non-invasive breast cancer.
- 63% 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 43,600 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2021, an estimated 2,650 men will be diagnosed with breast cancer this year in the U.S. and approximately 530 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 2021, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

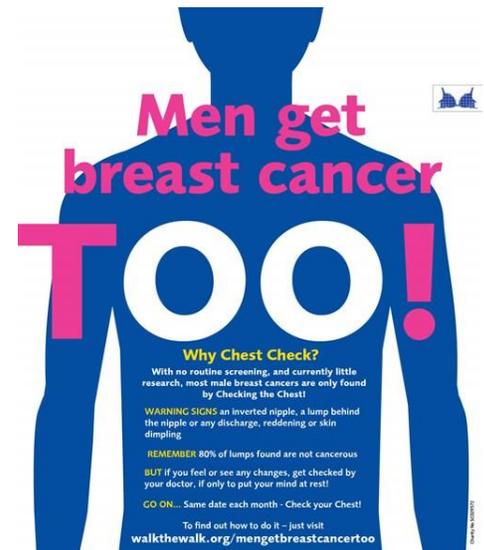
Source: <https://www.nationalbreastcancer.org/breast-cancer-facts>



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>

SIGNS & SYMPTOMS

Male breast cancer can exhibit the same symptoms as breast cancer in women, including a lump. Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately.

Most men find their own lump while in the shower and it is usually located underneath the nipple and areola. It is common for men to delay reporting the lump to a physician which can result in the patient requiring more treatment.

Nearly all breast cancer in men is estrogen receptor positive with treatment including hormonal therapy, just as it does for 70% of women. Survival rates and treatment for men with breast cancer are very similar to those for women. Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast 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 habit that can help reduce your risk are:

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



Source: <https://www.nationalbreastcancer.org/early-detection-of-breast-cancer/>

Did You Know?



JOIN US FOR OUR ANNUAL

BREAST CANCER AWARENESS

LUNCHEON - via **ZOOM**

THURSDAY

October

14

12 - 1 PM

**Dr. Padmini
Bhadriraju**

Mission Regional
Medical Center

Register with HR no later than
Monday, Oct. 11th

Box lunch will be available for
pick-up

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.

BREAST CANCER awareness month

BREAST CANCER IN THE U.S. WILL AFFECT **1 IN 8 WOMEN** OVER THE COURSE OF HER LIFETIME

PREVENTION TIPS

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- Breastfeed one's children, if possible.
- If one has a family history of breast cancer, they should talk to a doctor for more prevention tips.

RISK FACTORS

- ALCOHOL**: Breast cancer risk increases with the amount of alcohol a woman drinks.
- SMOKING**: Smoking is associated with a small increase in breast cancer risk.
- OBESITY**: Being overweight is associated with increased risk of breast cancer.

SIGNS AND SYMPTOMS

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

APPROXIMATELY 1 OUT OF EVERY 100 BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A MAN.

INFORMATION PROVIDED BY:
[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)
[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)

Source: American Cancer Society

Last Month's Events:

September 9, 2021
 Health & Wellness Seminar
 "Prostate Awareness"



Upcoming Events:

Mission Pink Walk
 Saturday, October 9, 2021

Health & Wellness Seminar
 "Breast Cancer Awareness Luncheon"
 Thursday, October 14, 2021

Deer Oaks Stress Management Seminar
 "Preventing & Overcoming Burnout"
 Monday, October 11, 2021

Spirit Week
 October 18th - October 22nd
 More information to come

Coming Soon:

Health Fair

Let's Get Moving!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Go for a walk in your Halloween costume! 🎃					1 3 Cross Jacks 5 Skaters	2 Play kickball with a family member
3 5 Cross Jacks 7 Skaters	4 5 Squat Side Kicks Speed Bag Punches (30 seconds)	5 5 Cross Jacks 7 Skaters	6 MATH TASK CARD #1	7 5 Squat Side Kicks Speed Bag Punches (30 seconds)	8 5 Cross Jacks 7 Skaters	9 Go hiking
10 7 Cross Jacks 10 Skaters	11 7 Squat Side Kicks Speed Bag Punches (40 seconds)	12 7 Cross Jacks 10 Skaters	13 MATH TASK CARD #2	14 7 Squat Side Kicks Speed Bag Punches (40 seconds)	15 7 Cross Jacks 10 Skaters	16 Create an obstacle course at home
17 10 Cross Jacks 12 Skaters	18 10 Squat Side Kicks Speed Bag Punches (50 seconds)	19 10 Cross Jacks 12 Skaters	20 MATH TASK CARD #3	21 10 Squat Side Kicks Speed Bag Punches (50 seconds)	22 10 Cross Jacks 12 Skaters	23 Set up a game of musical chairs
24 12 Cross Jacks 14 Skaters	25 12 Squat Side Kicks Speed Bag Punches (60 seconds)	26 12 Cross Jacks 14 Skaters	27 MATH TASK CARD (you choose)	28 12 Squat Side Kicks Speed Bag Punches (50 seconds)	29 15 Cross Jacks 15 Skaters	30 Practice your juggling skills