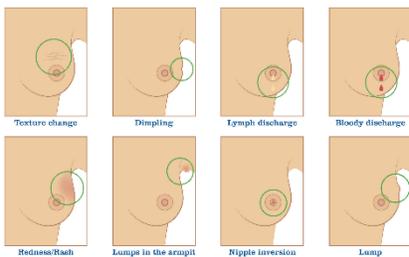


October is Breast Cancer Awareness Month

Breast cancer is a cancer that develops in the breast cells and progresses in stages. More than 200,000 individuals are diagnosed every year in the United States. Prevention measures can be taken such as preventative surgery for women who are high risk or having pre-screenings done often. If any concerning symptoms arise contacting an oncologist or a breast surgeon is recommended. A physical exam, blood tests, mammograms (X-ray of the breast), ultrasounds, MRIs, Positron emission tomography (PET), or breast biopsies can be completed to diagnose breast cancer. To reduce your risk of breast cancer limit alcohol, maintain a healthy weight, be physically active, breast feed if/when you have children, and limit hormone therapy.

Symptoms may include:

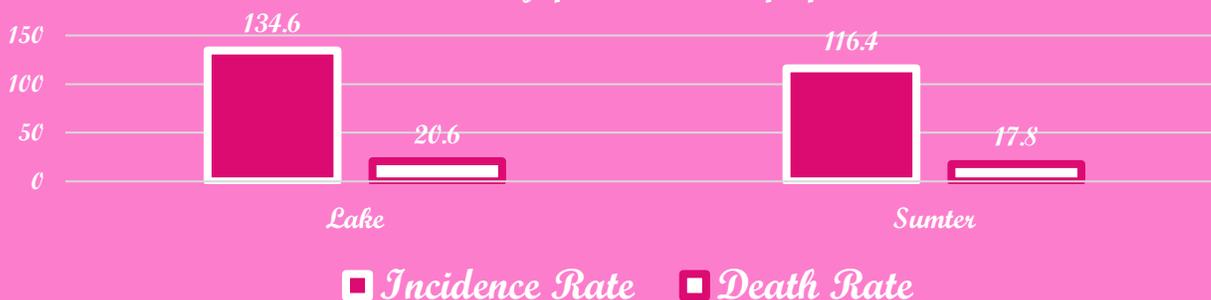
- 🎀 A lump or mass in the breast that feels different from the surrounding tissue.
- 🎀 Change in shape, size, or appearance of the breast.
- 🎀 Breast rash
- 🎀 Changes in the skin over the breast (i.e., dimpling)
- 🎀 Breast pain
- 🎀 Inverted or pulling-in of nipple.
- 🎀 Scaling, peeling, or flaking skin over breast.
- 🎀 Redness and/or pitting of the breast skin (resembling the skin of an orange)
- 🎀 Discharge from the nipple



Causes may include:

- 🎀 Family history
- 🎀 Hormonal changes
- 🎀 Growing age
- 🎀 Ethnicity (Hispanic, Black, Asian, and Pacific Islander women are at risk)
- 🎀 Personal history of breast cancer (A cancer in one breast increases the chance of having cancer in the other breast)
- 🎀 Lifestyle (i.e., alcohol consumption)
- 🎀 Environmental factors (i.e., exposure to radiation)
- 🎀 Obesity and overweight
- 🎀 Menarche (Having periods at a younger age and menopause at an older age)
- 🎀 Pregnancy (Becoming pregnant at an older age and never being pregnant)
- 🎀 Hormone use (Including long-term contraception use or postmenopausal hormone therapy)

Breast Cancer Incidence and Death Rates in Lake and Sumter County per 100,000 population



Sydnee Parish,
Health
Education Intern

