



BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month. It began in 1985 as a partnership between the American Cancer Society and Imperial Chemical Industries. Betty Ford, a survivor of breast cancer, helped kick off the event, and in 1992 the now famous pink ribbon was first used by Estée Lauder to be a visual reminder of breast cancer awareness.

Why do we need to be reminded about breast cancer? It is estimated that more than a third of women do not check their own breasts. The goal of this article, and the goal of the pink ribbon, is to remind you to do just that! You are checking for signs and symptoms of breast cancer. After skin cancer, breast cancer is the most common cancer in women in the United States. Each year it accounts for about 30% of all female cancers. The overall average risk for a woman in the US to develop breast cancer during her lifetime is about 13% (or 1 in 8). The chance that any woman in the U.S. will die from breast cancer is about 2.5% (or 1 in 39). Only lung cancer is a more prolific killer. Last year I wrote that The American Cancer Society estimated that in 2022 there will be over 287 thousand cases of invasive breast cancer, and that over 43 thousand women will die from breast cancer. This year the Society estimates that there will be almost 298 thousand cases of breast cancer, with the death of 43,700 women. The median age of breast cancer diagnosis is 62. And let us not forget the men in whom there are more than 2,500 cases of breast cancer every year.

You cannot change your family history, but there are things you can avoid or do to decrease your risk of developing breast cancer.

Avoid: alcohol, smoking, sedentary lifestyle, and increased weight

<u>Do</u>: physical activity, eat a healthy diet, breast feed your children, and examine your breasts

The best time to palpate and examine your breasts is 3-5 days after your menstrual period starts. It is during this time of your menstrual cycle that your breasts are least likely to be tender or lumpy. Do you see or feel anything that is new or unusual? Is there a lump in your breast or armpit? Is there puckering of the skin? Is there a change in color of the breast? Is there any nipple change (discharge, color, inverted)? Is there any discomfort in your breast or armpit? If you are aware of any of these changes make an appointment with your primary health care professional to discuss further evaluation. The United States Preventive Services Task Force (USPSTF) recommends that women who are 50 - 70 years old and at average risk for breast cancer get a mammogram every two years. Women 40 – 49 years old should talk to their physician about when to start.

There are excellent online sites to help answer your questions. Here are four:



www.nationalbreastcancer.org

www.lbbc.org

www.cancer.org/cancer/breast-cancer.html

www.medlineplus.gov/ency/article/001993.htm (how to do a breast self-exam)



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SOMETIMES A LITTLE SUMMER RAIN CAN BE



We've all been there: your plan for a summer day is interrupted by a sudden downpour, from a soggy trip to the beach to a deluge during a wedding. Your best bet when you see an iffy weather report? Plan for anything and make the best of whatever comes.

That's how we approach your financial future. You have goals & dreams that we create a path to, but into each life a little rain must fall. When the clouds open up, we'll be there.

We Don't Just Expect The Unexpected, WE PLAN FOR IT.



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Bow Young at Heart Club

OCTOBER 25, 2023 Business Meeting – 11:30 am - 12:30 pm

Social hour 11:30 AM - 12:20 PM Bring your own lunch, dessert is provided.

NOVEMBER 8, 2023 Fall Pot Luck Luncheon. 11:30 am - 2:30 pm

Bow Center Road

The public is always welcome to attend meetings. Membership is open to all residents 55 and older.