

BREAST CANCER AWARENESS MONTH

Currently, there are more than 3.1 million breast cancer survivors in the United States.

RISK FACTORS

The following makes your risk of breast cancer higher:

- **Being a woman:** breast cancer is 100 times more common in women than in men.
- **Getting older:** most breast cancers are found in women age 55 and older.
- **Inherited genes:** about 5% to 10% of breast cancer cases result from a gene defect passed on from a parent.
- **Family history:** having a mother, sister or daughter with breast cancer, almost doubles your risk. Women who have a father or brother with breast cancer also have a higher risk.



COMMON SYMPTOMS

Getting regular mammograms and health screenings aren't the only ways to find breast cancer. Knowing what to look for can help you find breast cancer early. The earlier you find cancer, the better your chances of having a successful treatment are.

- **New lump or mass:** masses are not always painful and come in all shapes and sizes. This is why it's important to have a new or irregular masses checked by a healthcare provider.
- **Swollen lymph nodes (under the arm or collar bone):** sometimes cancer can cause swelling in these areas before a lump or mass shows up in the breast area. Swollen lymph nodes should also be checked by a healthcare provider.
- Nipple turns inward
- Breast or nipple pain
- Skin irritation or dimpling
- Nipple discharge other than breast milk
- Swelling of all or part of a breast, even if no lump is felt
- Redness, scaliness, or thickening of the nipple or breast skin

POP QUIZ!

The American Cancer Society estimates about how many new cases of invasive breast cancer will be diagnosed in women in 2017?

- a. 252,410
- b. 252,510
- c. 252,610
- d. 252,710

SEPTEMBER ANSWER

b. 84 years old

HEALTH MYTH BUSTERS



Eating sugar can make my cancer worse.

No studies have shown that eating sugar will make your cancer worse or that if you stop eating sugar, your cancer will shrink or disappear.



Artificial sweeteners cause cancer.

Researchers have done studies on the safety of the artificial sweeteners and found no evidence that they cause cancer in humans.



Cancer surgery or a tumor biopsy causes cancer to spread.

The chance that surgery will cause cancer to spread to other parts of the body is extremely low.



Your cell phone can cause cancer.

Cancer is caused by genetic mutations, and cell phones emit a type of low-frequency energy that does not damage genes.



If someone in my family has cancer, I am going to get cancer.

Only about 5 to 10 percent of cancers are caused by harmful mutations that are inherited from a person's parents.



SUCCESS STORY

MEMBER

50-year old female
Annual Health Screening

GOAL

To complete required
annual screening

OUTCOMES

Member was diagnosed with stage 1 breast cancer. Had surgery right away and is now undergoing chemotherapy and will also get radiation treatments. While on medical leave, member stays active by walking with her support group.

IN HER OWN WORDS

"I had to do the mammogram for HMC HealthWorks, then they had me do a second one and that's when they found the cancer."

SLOW COOKER ZUCCHINI NOODLES & MEAT SAUCE

From Fit Slow Cooker Queen: <https://fitslowcookerqueen.com/slow-cooker-zoodles-meat-sauce/>

Ingredients - 4 Servings

- 4 zucchini, spiralized
- 1 lb meat, browned
- 18 oz. marinara sauce
- 4 oz. mushrooms
- 1 tbsp homemade Italian Seasoning (see below)
- 2 garlic cloves, minced

Italian Seasoning:

- 2 tbsp basil
- 2 tbsp oregano
- 2 tbsp rosemary
- 2 tbsp coriander
- 2 tbsp thyme
- 2 tsp pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp red pepper flakes

Directions:

1. Add all the ingredients to the slow cooker.
2. Stir to mix well.
3. Cook on HIGH for 2-3 hours or on LOW for 4-6 hours.



COACH'S CORNER

Be aware of "healthy labeling". Many companies make some products look healthy to sell more. Learning to read labels is your best defense. For example, when buying breads, crackers, pasta, rice, etc. read the ingredients, the first ingredient should be whole grain or whole wheat. Watch out for "unenriched" whole wheat, this means the product has been stripped of its nutrients and basically white bread.

Lilia Drew
Wellness Coach



877.914.1794

<https://ironworkers63.hmchealthworkscos.com>