



WHAT DO YOU KNOW ABOUT BREAST CANCER?

OCTOBER IS BREAST CANCER AWARENESS MONTH

by B. Kay Sugg

All of us know someone, have a family member, or have ourselves dealt with breast cancer. Although breast cancer is the most commonly diagnosed cancer in women other than skin cancer, it is among the cancers with the highest five-year survival rate if caught early. In 2020, it's estimated that 30% of newly diagnosed cancers in women will be breast cancers. Men have a much lower risk of getting breast cancer than women, but they do get it. The incidence of breast cancer is most common in older men, but it can occur at any age. More than 2,600 new cases of breast cancer are diagnosed in men each year and about 500 will die from breast cancer.

WHAT ARE THE RISK FACTORS?

The most common risk factor in women and men is older age. Breast cancer in women is usually found at age 50 or older, and the median age of breast cancer diagnosis in men is 68 years of age. The risks for breast cancer in men are much lower than for women since less than one percent of all breast cancer cases occur in men.

Some other risk factors are being overweight or obese, a family history of breast cancer, mutations in certain genes (such as BRCA1 and BRCA2), higher estrogen levels, dense breasts (in women), radiation therapy treatment to the chest, and hormone therapy treatment.

Having one or more of these risk factors is not a reason to panic. It does not mean you are going to get breast cancer—just that your risk is greater than average. There are some people who develop breast cancer who have no risk factors, so there is a lot that is not known about what causes breast cancer.

According to the American Cancer Society, the estimated new cases of breast cancer for both sexes combined in 2020 in the United States is 279,100 with the estimated number of deaths at 42,609.

WHAT ARE THE SYMPTOMS?

These are some of the symptoms which could indicate breast cancer that both men and women might have, according to the CDC (Centers for Disease Control), American Cancer Society, and Susan G. Komen:

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

There are conditions other than breast cancer that can cause some of these symptoms, but if you are concerned, check with your doctor.

HOW DO I PROTECT MYSELF?

These are steps you can take to help ensure early detection of breast cancer.

- **Periodic breast self-exams** to become familiar with what your breast normally feels like so you can recognize any changes to the look and feel of your breasts.
- **Mammography** (which uses x-rays to produce images of the breast) is the most effective screening tool for early detection of breast cancer. By detecting breast cancer at an early stage, chances of survival are greatest.
- **Educate yourself** by reading materials available at most doctors' offices and online at various websites such as the American Cancer Society, Susan G. Comen, National Cancer Institute and others.

HOW CAN I REDUCE MY RISKS?

You can reduce your risks for breast cancer the same way that you reduce your risks for getting other diseases: lose weight if obese and maintain a healthy weight, limit alcohol consumption, practice healthy eating habits, and exercise regularly.

For more information about Breast Cancer in women and men, visit the American Cancer Society's website, at <https://www.cancer.org/cancer/breast-cancer.html>.



POP UP SOME FLAVOR!

According to the American Heart Association, when it's air-popped and lightly seasoned, popcorn is an efficiently healthy snack. That's because it is a whole grain, and high-fiber whole grains have been linked to a lower risk of heart disease, diabetes, some cancers and other health problems. Federal dietary guidelines say half of all grains consumed should be whole grains, and popcorn packs more fiber per serving than whole-wheat bread.

Check out two of our favorite ways to spice up popcorn!

CHILI LIME POPCORN

- 8 cups popped popcorn
- 3 tbsp unsalted butter or even more, melted
- 1 tsp chili powder or more
- 1/2 lime or more, zested
- 1/2 tsp fine kosher salt optional, if you find your popcorn isn't salty enough
- from the butter
- 1 juice of one lime

Toss together the popcorn with all the ingredients and thoroughly mix.

(Source: <https://www.kitchenhealsoul.com/>)

ASIAGO THYME POPCORN

- 6 cups popped popcorn
- 4 ounces Asiago cheese*, finely grated
- 1 tbsp kosher salt
- 1 tbsp fresh thyme leaves, chopped
- Cooking spray or 1 tbsp melted butter

While the popcorn is still hot, spray lightly with a little cooking spray or drizzle with melted butter and toss to coat. Throw the cheese, salt, and thyme over the top of the popcorn and toss again.

(Source: <http://kidcultivation.blogspot.com>)