



Women's Health HERstory

Join in to an informative and empowering health chat and check-up that's designed for YOU!

The Personal and Professional

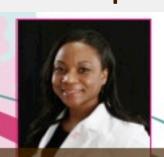
Truth and Impact of Breast Cancer

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Pamela's Daughter



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Know Your Risk

Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks. So, talk to your doctor about what you can do to lower your risk, and the right screening for you.

Risks you Cannot Control Risks you Can Control Age. Getting older. Increasing age is a risk factor for Breastfeeding. Never breastfeeding slightly breast cancer. increases your risk for breast cancer. Being younger (less than 12 years old) when you Using oral contraceptives, especially prior to your first full-term delivery. They increase the risk for first started your menstrual cycles. breast cancer. The risk persists for ten years after Being older (over 55) when you complete you stop taking the pill. menopause. Estrogen Exposure. Using combination hormone Being older (over 30) at the time of the birth of replacement therapy. These increase the risk for your first child. breast cancer, especially in women over the age of Never having children. 60. A personal history of breast cancer. Drinking alcohol. Even 1/2 glass of wine per day A family history of breast cancer (mother, sisters, increases the risk for breast cancer. grandmothers.) Being overweight increases the risk for breast Possessing a *genetic mutation* associated with an cancer, and increases the risk of death from breast increased risk for breast cancer (BRCA 1 or BRCA 2 cancer. mutation.) Sedentary lifestyle. Women who do not get regular A history of radiation therapy to the chest as a child exercise have an increased risk for breast cancer. or young adult. This increases the risk for breast Those who exercise regularly have a decreased risk. cancer. Diet. Some researchers believe that eating too much cholesterol and other fats are risk factors for cancer, and studies show that eating a lot of red Breast Cancer Risk Assessment Tools and Resources and/or processed meats is associated with a higher National Cancer Institute (NCI) Gail Breast Cancer Risk Assessment Tool risk of breast cancer. *www.breastcancer.org Hall Detailed Breast Risk Calculator *www.cdc.gov/cancer A Step-by-Step Guide to Reducing Your Risk of Breast Cancer

Know: BRCA

Master your Peace, Purpose and Pleasure by putting your health first!

*www.drholmesmd.com

Breast Cancer Resources & Assistance

Advocacy, Education, Services & Support

- American Cancer Society
- Avon Foundation for Women's Breast Cancer Crusade
- Breast Cancer Action
- BreastCancer.org
- Breast Cancer Research Foundation
- Inflammatory Breast Cancer Help and Support
- LIVESTRONG Foundation
- Living Beyond Breast Cancer
- Metastatic Breast Cancer Network
- National Cancer Comprehensive Network
- Sisters By Choice
- Susan G. Komen for the Cure
- Triple Negative Breast Cancer Foundation

Young Women with Breast Cancer Support & Education

- Bright Pink
- I Will Survive, Inc.
- Shay Sharpe's Pink Wishes
- Young Survival Coalition
- My Breast Years Ahead My Style Matters
- The Survivor's Nest

African-American Women

Sisters Network, Inc.

Complementary and Alternative Medicine Programs

- American Holistic Medical Association
- The Annie Appleseed Project
- National Center for Complementary and Alternative Medicine

Financial Assistance

- Brenda Mehling Cancer Fund (patients 18-40)
- CancerCare
- Día de la Mujer Latina, Inc.
- National Breast and Cervical Cancer Early Detection Program
- Patient Advocate Foundation

Caregivers & Survivorship

- Cancer Survivors Network
- Caring Bridge
- Family Caregiver Alliance
- Hope Lodge (Housing)
- LivingWell Cancer Resource Center
- Meals to Heal
- PearlPoint Cancer Support

Clinical Trials & Studies

- BreastCancerTrials.org
- Center Watch
- My Clinical Trial Locator
- National Cancer Institute
- The Sister Study
- Stand Up to Cancer

Cancer Care Programs Accreditation

- National Accreditation Program for Breast Centers
- Commission on Cancer

Breast Cancer Screening for Women at Average Risk

Below is a table taken from Harvey et al. that provides the breast cancer screening recommendations for women at average risk from major health organizations. Please make an informed decision by knowing risk and discussing it with your health care provider. *Women at higher risk may need to get screened earlier and more frequently than recommended here.

Table 1. Conflicting Screening Guidelines				
Organization	Initial breast screening	Frequency of screening	Clinical breast examination schedule	Breast self-examination instruction
American College of Obstetricians and Gynecologists (ACOG)	40 years	Annually	Every 1–3 years from ages 20–39 years and annually at ages 40 and older	Consider for high-risk patients
American Cancer Society (ACS)	40 years	Annually	Every 1–3 years from ages 20–39 years and annually at ages 40 and older	Optional for age 20 years and older
National Comprehensive Cancer Network (NCCN)	40 years	Annually	Every 1–3 years from ages 20–39 years and annually at ages 40 and older	Recommended
National Cancer Institute (NCI)	40 years	Every 1-2 years	Recommended	Not recommended
U.S. Preventive Services Task Force (USPSTF)	Age 50–74 years	Every 2 years	Insufficient evidence	Not recommended

Adapted from American College of Obstetricians and Gynecologists (ACOG). ACOG Practice Bulletin: Clinical Management Guidelines for Obstetrician-Gynecologists. Obstet Gynecol 2011;118:372–382.