

Official
Launch

Dr. Teri
presents

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

- Age.* Getting older. Increasing age is a risk factor for breast cancer.
- Being younger (less than 12 years old) when you first started your menstrual cycles.
- Being older (over 55) when you complete menopause.
- Being older (over 30) at the time of the birth of your first child.
- Never having children.
- A personal history of breast cancer.
- A *family history* of breast cancer (mother, sisters, grandmothers.)
- Possessing a *genetic mutation* associated with an increased risk for breast cancer (BRCA 1 or BRCA 2 mutation.)
- A history of radiation therapy to the chest as a child or young adult. This increases the risk for breast cancer.

Breast Cancer Risk Assessment Tools and Resources

- National Cancer Institute (NCI) Gail Breast Cancer Risk Assessment Tool
- Hall Detailed Breast Risk Calculator
- A Step-by-Step Guide to Reducing Your Risk of Breast Cancer
- Know: BRCA

Risks you Can Control

- Breastfeeding.* Never breastfeeding slightly increases your risk for breast cancer.
- Using oral contraceptives, especially prior to your first full-term delivery. They increase the risk for breast cancer. The risk persists for ten years after you stop taking the pill.
- Estrogen Exposure.* Using combination hormone replacement therapy. These increase the risk for breast cancer, especially in women over the age of 60.
- Drinking alcohol.* Even 1/2 glass of wine per day increases the risk for breast cancer.
- Being overweight increases the risk for breast cancer, and increases the risk of death from breast cancer.
- Sedentary lifestyle.* Women who do not get regular exercise have an increased risk for breast cancer. Those who exercise regularly have a decreased risk.
- 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 and/or processed meats is associated with a higher risk of breast cancer.

*www.breastcancer.org

*www.cdc.gov/cancer

*www.drholmesmd.com

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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

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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

| <i>Organization</i> | <i>Initial breast screening</i> | <i>Frequency of screening</i> | <i>Clinical breast examination schedule</i> | <i>Breast self-examination instruction</i> |
|--|---------------------------------|-------------------------------|---|--|
| 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.

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