



First Baptist Church

Parish Nursing Notes

Volume 1, Issue 1

October 2001

“I praise You because I am Fearfully and Wonderfully made....”(Psalms 139:14)

Breast Cancer Awareness Month

For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace...to give you a hope ...Jeremiah 29:11

What is breast cancer?

Breast cancer is the result of cells in the breast becoming malignant and developing into a tumor. Although the disease occurs mostly in women, men can get breast cancer, but the occurrence is rare. Researchers are working to discover the why and how certain changes in the DNA can cause normal breast cells to become cancerous.

What are the risk factors for breast cancer?

UNCONTROLLABLE FACTORS

- Female
- Increasing age
- Family history-if your mother, grandmother, aunt, sister, daughter have had breast cancer. A study by Dr. James Cerhan, a researcher at the Mayo Clinic in Rochester, Minn., has found a higher incidence of breast cancer in fraternal twins.
- Personal history of breast cancer
- First period before 12 years of age.
- Late menopause (after age 50)
- Caucasian
- European and/or Jewish ancestry
- No children or first pregnancy after 30 (may or may not be controllable)

CONTROLLABLE RISK FACTORS

- 40 % or more overweight
- Diet high in fat or caloric content
- Heavy consumption of alcohol
- Cigarette smoker
- Little or no exercise

Key Statistics About Breast Cancer

In 2001, the American Cancer Society estimates that 192,200 new cases of invasive breast cancer(Stages I-IV) will be diagnosed in American women, with 40,200 deaths and 39,900 will have the non-invasive, earliest form of breast cancer. In her lifetime about 1 in 8 women will get breast cancer. Women diagnosed in the early stages, have a 97% chance of living more than 5 years.

Web sites of Interest:

American Cancer Society: www.cancer.org
 National Institute of Health: www.nci.nih.gov
 Lifeway: www.fit4.com
www.preventcancer.org

Early Detection Key To Surviving Breast Cancer

Proactive breast health behaviors such as obtaining mammography, performing self-exams, and healthy living are important in diminishing your cancer risks.

Women who fall into the high risk category for breast cancer may be candidates for tamoxifen or other drug therapies to reduce the risk of breast cancer.

Women 40 and older should have a screening mammogram yearly and do self-exams on a regular monthly basis.

- **SEE YOUR Doctor RIGHT AWAY if you feel ANYTHING UNUSUAL or have a NIPPLE DISCHARGE!!**

Women’s Health Focus

Fellowship Hall

Sunday, October 21st.
5:00—6:15 p.m.

ALL women invited.