



Shawn Haggerty  
President

Teresa Magee  
Secretary-Treasurer

Betty Pardy  
Recorder

## BREAST CANCER AWARENESS

Breast cancer is the most common cancer among women. It is estimated that 1 in 9 Canadian women will develop breast cancer during her lifetime. It is a startling statistic and although this type of cancer affects so many individuals, medical advancements and early screening have greatly decreased the number of women who die from this disease.

Like other forms of cancer, the causes of breast cancer are numerous and complex. It is believed that developing the disease is a result of unchangeable factors (like age) and environmental effects (such as lifestyle).

You can't change your age, gender or menopausal timing. These are all factors in developing breast cancer. For example, your risk increases as you become older, if you are a woman, and if you develop menopause after age 55.

### DID YOU KNOW?

Being physically active can help reduce your risk of developing breast cancer.

However, it is important to emphasize that risk is not a diagnosis.

Even if you fit every factor associated with breast cancer sufferers, you may not develop the disease. Other modifiable factors can increase or decrease your risk. Women who are overweight, drink alcohol frequently and smoke increase their likelihood of developing breast cancer.

### This year:

...an estimated 23,400 Canadian women will be diagnosed with breast cancer and 5,100 will die from it.

...approximately 64 Canadian women will be diagnosed with breast cancer every day

...approximately 14 Canadian women will die of breast cancer every day

...1 in 9 women is expected to develop breast cancer during her lifetime (age 90) and 1 in 28 will die from it.

...it is expected that 190 men will be diagnosed with breast cancer and 55 will die from it.

...Breast cancer death rates have declined in all ages combined and in every age group since the mid 1990s.



# BREAST CANCER

Early detection is also a key factor in managing and successfully treating breast cancer. Two methods of screenings are a clinical breast exam and a mammogram. A clinical exam is performed by a health care provider and can be part of your yearly physical. A trained medical professional can detect changes or irregularities in your breasts that you may not be able to see.

Regular mammograms are often recommended to women who are aged 50 and older. Although women are sometimes nervous about getting a mammogram, there is nothing to be scared of.

It is a low-dose x-ray that can find small changes in your breast that may not be visible to a doctor. For most, the x-ray will show there is nothing to worry about. In the small chance that there is a need for further examination, an early detection allows for greater treatment options.



According to the Canadian Breast Cancer Foundation, here are some steps you can take that may reduce your risk for breast cancer:

- Carefully consider the risks and benefits of taking hormone replacement therapy (HRT) if you are going through menopause.
- Talk to your doctor about using oral contraceptives.
- Maintain a healthy body weight.
- Be physically active.
- Limit your alcohol consumption to one drink or less per day.
- Avoid tobacco smoke, both active and passive (second-hand), especially if you are a young woman.
- Eat a healthy diet.

*Source: Canadian Cancer Society / National Cancer Institute of Canada; Canadian Cancer Statistics 2010, Toronto, Canada; Canadian Breast Cancer Foundation*

## FOR MORE INFORMATION

Visit the Canadian Breast Cancer Foundation



Visit the Wellness page at  
[www.ufcw175.com](http://www.ufcw175.com)  
for more healthy living information.

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