

# Breast Cancer Awareness!!



OCTOBER  
**Breast Cancer awareness MONTH**

**STRONGER TOGETHER**  
We Will End Breast Cancer  
research • care • community • action  
**CHALLENGE ACCEPTED**

Cancer

**American Cancer Society**

Had Your Mammogram?  
**COMMUNITY CARE PHYSICIAN NETWORK**

**8.3%**  
The proportion of breast cancer patients treated with trastuzumab who developed heart failure. Only 2.7 percent of patients not treated with trastuzumab developed heart failure. As age increased, the risk of heart failure increased consistently. Only 45.2 percent of trastuzumab-treated patients received guideline-adherent cardiac monitoring.  
Source: Mary M, et al. JACC Cardiovasc Imaging 2018;11:1088-93.

**22%**  
The increased survival rate for breast cancer patients who followed a low-fat diet largely consisting of fruits, vegetable and whole grains compared with those who did not follow a low-fat diet. These women were also less likely to have died from other causes, especially heart disease.  
Source: HealthDay News article, May 24, 2018.

**4%**  
The percentage of women with breast cancer taking Herceptin for six months who had to stop treatment due to heart issues, compared with 8 percent of women who took it for one year. The same study found the shorter drug regimen may be equally beneficial.  
Source: HealthDay News article, May 16, 2018.

**15%**  
The rate of metabolic syndrome in breast cancer survivors who worked out three times a week for four months, compared with 50 percent in those who had not exercised. Many cancer patients become sedentary, especially if undergoing chemotherapy. Women with metabolic syndrome are more likely to develop breast cancer or have a breast cancer recurrence.  
Source: HealthDay News article, Jan. 22, 2018.

**3-4 million**  
The number of people in the U.S. who have an identifiable genetic risk for cancer or heart disease that could be detected and clinically managed through genomic screening. This approach may be able to identify subclinical disease and prompt important medical interventions. Implementation models for screening are preliminary but show promise.  
Source: American College of Physicians. News release, July 30, 2018.

**3x**  
The increased risk of developing heart failure within five years of a diagnosis of breast cancer or lymphoma. Further, 20 years after undergoing cancer treatment, vs. patients who never had cancer, they had a twofold risk of heart failure. In the study, about seven of every 100 cancer patients developed heart failure during the 8.5-year follow-up.  
Source: Lauren C, et al. JACC 2018 presentation 1105-066.

**OCTOBER IS NATIONAL Breast Cancer Awareness MONTH**

**CANCER SUCKS**

**MAKING STRIDES Against Breast Cancer**  
**American Cancer Society**

**FINISH THE FIGHT**

**STRONGER TOGETHER**

**I'm A Survivor!**

**I will Survive! ♀**

**I will Survive! ♀**

**FIGHTER**

**Know your Breasts Early Detection is Best!!**

**Step One: Touch**

At the end of your monthly period, practice this breast self-exam. If you no longer have periods or your period is irregular, choose a specific day each month. This should not be performed in the shower or with lotion on your skin or fingers.

- 1) Check the **OUTER HALF** of your right breast. Lie down and roll on to your left side to examine your right breast. Place your right hand, palm up on your forehead. Your breast should lie as flat on your chest as possible. It may be easier and more comfortable if you put a pillow behind your shoulder or back.
- 2) Using the flat pads of your three middle fingers—**not the tips**—move the pads of your fingers in little circles, about the size of a dime. For each little circle, change the amount of pressure so you can feel ALL levels of your breast tissue. Make each circle three times—once light, once medium and once deep—before you move on to the next area.
- 3) Start the circles in your armpit and move down to just below the bra line. Then slide your fingers over—just the width of one finger—and move up again. Don't lift your fingers from your breast as you move them to make sure you feel the entire area. Continue this up-and-down vertical strip pattern—from your collarbone to just below your bra line—until you reach the nipple.
- 4) Check the **INNER HALF** of your right breast. Then you reach the nipple, remove your hand from your back, remove your arm as a right angle (see drawing). Carefully check the nipple area using the same circular pressure as before, without squaring. Then examine the remaining breast tissue using the up-and-down vertical strip pattern until you reach the middle of your chest.

Roll on to your right side and switch hands to check your left breast.

**Step Two: Look**

Stand in front of a mirror and look closely at your breasts in three positions:

- 1) Arms at your side
- 2) Arms raised above your head bending forward
- 3) Place hands on your hips and hunch over

All three of these steps need to be viewed from the right and left as well as facing forward.

Check for changes in the following:

- **Shape:** Compare one to the other. One breast may normally be larger than the other, but sudden changes in size should not occur.
- **Skin:** Check for rash, redness, puckering, dimpling or orange-peel-textured appearance.
- **Nipples:** Check for any physical changes such as a sudden inversion, discharge, redness, itching, swelling.
- **Patterns:** Look for a noticeable change in size or number of veins radiating from the areola.

• **exam every month...**  
• **Be pregnant—to become or with low-lying breasts**  
• **and feel.**  
• **ump or notice other**  
• **don't panic. About 80%**  
• **not cancerous. See**  
• **ly for further.**

**Breast Cancer Awareness Month today!**

**BUTTONS**

**PENCILS**

**KEYTAGS**

**TOOLS**

**HAND FANS**

**RULER**

**ERASERS**

**YARDSTICKS**

**MEMO BOARDS**

**BOOK MARKS**

**DOOR HANGERS**

**SAGE**  
Rated Supplier  
2014  
**A+**

**QDC**  
PLATINUM  
SUPPLIER

**ASI**  
5-STAR SUPPLIER  
★★★★★

**EXPRESS A BUTTON**

ASI # 53408

SAGE # 51135  
PPAI # 111928