



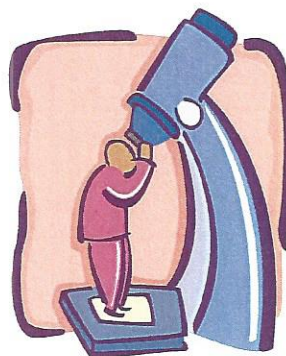
Back Door Reading From your Health Ministries



BREAST CANCER

Incidence

- * Lifetime risk = 1 in 8.
- * Risk increases with family history, age, early menarche, obesity, late menopause, and combined hormone replacement therapy.
- * Risk decreases with early child bearing, breast feeding, use of oral contraceptives, exercise.
- * Men also can get breast cancer.



Symptoms

- * Discovery of a lump
- * Atypical appearance of skin and/or veins of one breast.
- * Changes in or discharge from nipple.
- * Depression seen in breast surface.

Screening

- * Breast exam by health care provider every three years from age 20–39; yearly thereafter.
- * Monthly breast self-exam (BSE) starting at age 20.
- * Baseline mammogram by age 40; every 1-2 years age 40-49, yearly thereafter.



Facts

- * 80% of all breast lumps are benign
- * 70% of breast cancer is found by BSE.
- * Mammograms can find cancers that BSE misses—and vice versa.
- * 5 year survival when breast cancer is found early is 96%



For information on doing BSE, ask your parish nurse or watch the video on www.kormen.org/bse



This month, the men you love are reading about prostate cancer on their back doors. Talk with them to be sure they are following all of the screening guidelines and watch for symptoms such as increased frequency of nighttime urination.