



October is Breast Cancer Awareness Month



Breast cancer is the most common form of cancer among women in the United States. It is second only to lung cancer

in cancer-related deaths. More than 180,000 women will be diagnosed with breast cancer this year. More than 43,000 women may die from the disease. In the United States, one out of nine women will develop breast cancer during her lifetime.

The encouraging news is that breast cancer is being detected earlier, while the tumor is very small. The majority of new breast cancers show no signs that the cancer has spread beyond the breast. With prompt treatment, the outlook for women with breast cancer is good. When cancer is detected early, treatment not only saves your life but also your breast.

Breast cancer occurs when certain cells in the breast become cancerous and form a tumor. Breast tumors usually appear in the milk-producing lobules or in the milk ducts that lead to the nipple.

BREAST CANCER IN MEN

Men with breast cancer are rare, but about 1,600 men are diagnosed with breast cancer each year. Another 400 die of breast cancer.

Men can have the same types of breast cancer as women. However, 70% of male

breast cancers are ductal carcinoma, making it the most common. Like women's breast cancer, men's breast cancer can be cured or controlled if it is detected early and treated promptly.

SYMPTOMS

The signs of breast cancer include:

- Lump or thickening that does not go away or that changes.
- Swelling, puckering or dimpling of the breast
- Skin irritation
- Pain or tenderness of the nipple

The first symptom men usually notice is a painless lump. Other symptoms might include nipple discharge (possibly bloody), nipple retraction and skin ulceration.

For a variety of reasons, men may not get early treatment for breast cancer. Men are unlikely to regularly examine their breasts. When men notice symptoms, they tend to delay seeing a doctor. Men are usually somewhat older than women at the time of diagnosis (age 65 on average).

LIFE AFTER BREAST CANCER

Did you know that in the U.S. over 200,000 women are diagnosed with breast cancer every year and that one person is diagnosed with breast cancer every 3 minutes, one person dies of breast cancer every



14 minutes, and that people over the age of 50 account for 76% of breast cancer cases. There is over 97% five-year survival rate when localized breast cancer is caught before it spreads to other parts of the body. Whether you are one, five or ten years beyond your diagnosis, taking care of your overall health and well-being can reduce your risk of cancer coming back and give you the energy to do the things in life that you love.

Things that you can do to nurture your emotional well-being

- Exercise regularly
- Practice good nutrition
- Tap into a support network
- Take time for yourself Remember trying to resume your old normal life may be too much to ask of yourself, because you are in a new phase of your life. Be patient with yourself and others as you try to adjust. Live a healthy lifestyle, manage hot flashes by avoiding triggers like caffeine, alcohol, hot beverages, hot weather, and practice relaxation.





FIT^{ATIONAL}

Upcoming Activities

SIGN UP NOW FOR THE FWBC TEAM

JC WALKERS
SUSAN G. KOMEN RACE FOR THE CURE

MARK YOUR CALENDAR AND PLAN TO JOIN US ON
OCTOBER 17, 2009

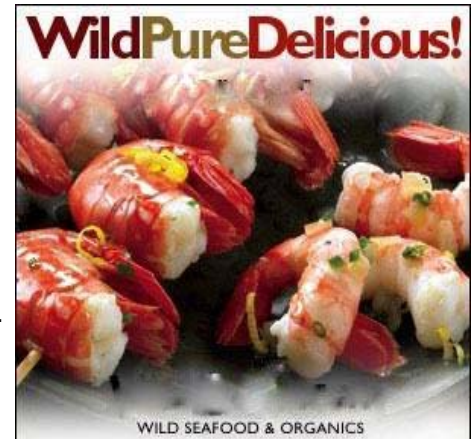
Healthy Cooking Demonstration—Last Thursday of every Month



NUTRITION AND BREAST CANCER

Diet and nutrition can affect your risk of breast cancer, especially if you have a family history of the disease. The following dietary practices may help to prevent or lessen the risks of breast cancer - we encourage all women to give them a try:

- Keep your fat intake low. Below 25 percent of your daily calories is ideal.
- Avoid animal fats, polyunsaturated fats (many vegetable oils), and hydrogenated oils (margarines and vegetable shortenings) - all can increase cancer risks.
- Use healthy fats: monounsaturates such as olive oil, freshly ground flaxseed and oily fish such as wild Alaskan salmon and sardines (which are rich in omega-3 fatty acids) may reduce your risk of breast cancer.
- Include soy products in your diet. Soy foods contain many cancer-protective substances, including isoflavones. Try to eat one to two servings of soy-based foods a day.
- Avoid alcohol. Even in modest amounts, alcohol consumption is associated with an increased risk of breast cancer.
- Minimize your consumption of ordinary meat, poultry, eggs, and dairy products. Replace with organic, hormone-free versions and use sparingly.
- Eat more fruits and vegetables! They contain many different cancer-protective phytochemicals.
- If you can, avoid night-shift work, or any frequent, long exposure to bright lights at night. New research indicates that light at night suppresses the body's production of melatonin, a hormone with anti-cancer properties.



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