



If you experience any of these symptoms it is essential that you get a mammogram.

### What is a mammogram?

A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. If you are age 50 to 74 years, be sure to have a screening mammogram every two years. If you are age 40–49 years, talk to your doctor about when and how often you should have a screening mammogram.

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

Most likely, you can get screened for breast cancer at a clinic, hospital, or doctor's office. If you want to be screened for breast cancer, call your doctor's office. They can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

### Lower Your Risk of Breast Cancer

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.

### NFL Went pink on Sunday Honoring Breast Cancer Awareness Month



The NFL was definitely pink on last Sunday. If you were trying to adjust your television set to fix the color arrangement, it was not in your set, it was on the field. **October is the Breast Cancer Awareness Month** and to remind everyone, there was pink everywhere.

The pink was on the gloves, the chin straps and on the cleats. There was even pink towels that hung off the side of the players who wiped their hands. On the field itself, there was pink in different places, depending on the game you were watching. In one of the games the pink was painted on the field. On another, it was wrapped around the goal post. A third was found shaved into a players head .

The cheerleaders got into the spirit as well. They changed up the pom-poms for pink and some of the squads actually had pink jackets on. A solemn reminder that breast cancer is serious and taking a moment in October one can actually save a life, perhaps even their own if they become aware of the symptoms

**October is Breast Cancer Awareness Month.** With breast cancer, education is empowerment. Know the symptoms and be informed..

Although many women get breast cancer, it is not a common cause of death. Heart disease is the number one cause of death among women age 40 and above, followed by stroke, lung cancer, and lung diseases. Breast cancer is the fifth leading cause of death. Men can also get breast cancer, but it is not very common. For every 100 cases of breast cancer, less than 1 is in men

With Breast Cancer, as with any disease, it is essential to know the symptoms. When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

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# Announcements



SUSAN G.  
**Komen**  
FOR THE  
**cure**

SATURDAY,  
OCTOBER 16, 2010  
765 NORTH PARK CNTR.  
DALLAS, TX. 75225

**MAZC**  
featuring **FRANKIE BEVERLY**

*50th Birthday Celebration*  
**DR. FREDERICK D. HAYNES, III**  
Friday, November 12, 2010 at 7 p.m.  
Intercontinental Hotel, Addison Texas

GET YOUR  
TICKETS NOW!!!



**FWBC FAITH FITNESS  
MINISTRY WELCOMES  
JOHNSON CHAPEL COM-  
MUNITY CHURCH, PAS-  
TOR MARCUS KING TO  
THE TUESDAY AND  
THURSDAY WORKOUTS.**

**Johnson Chapel  
1400 N. Hampton Rd.  
Desoto, Tx. 75115**

### *September 2010 Faith Fitness Class Schedule* *"Bring a friend or Family member and come ready for a workout!"*

**Tuesday October 5, 12m 19, and 26, 2010**  
6:45pm-7:45pm - Low Impact Workout  
7:45pm-8:30pm The Fit Kids Workout  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

**Thursday October 7, 14, 21, and 28, 2010**  
6:45pm-7:45pm - Step Aerobics "Steppin For Christ"  
7:45pm-8:30pm The Fit Kids Workout  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

**Saturday October 2, 9, 15, 23, and 30**  
8:00 a.m—9:00 a.m.—Workout at Johnson Chapel:  
9:00am-10:00am- Walk For Christ Group Walk