



BREAST CANCER AWARENESS



WellU @HT Weekly Wellness Newsletter (Vol 5, Issue 3)

Welcome to This Week's Newsletter!

As October comes to a close, we reflect on the remarkable strength and resilience of those affected by breast cancer. Worldwide, October is recognized as Pink Month, dedicated to enhancing awareness of breast cancer, the most prevalent type of cancer and a leading cause of death among women globally (Azamjah et al., 2019; World Health Organization, 2024). This week, we are focusing on how awareness, regular screenings, and small lifestyle choices can make a significant impact on our health.



During this month, our campus has united through various initiatives aimed at promoting awareness and education regarding breast cancer prevention and early detection. We are especially grateful to all who participated in awareness activities and contributed to creating an environment of understanding and support. While this month highlights these efforts, the commitment to awareness and education in the fight against breast cancer continues throughout the year.

Embrace the journey to wellness, every step counts!

Maria P. Lopez
Program Coordinator
WellU RAM Wellness Program

A Message from the Centers for Disease and Prevention

https://youtu.be/sTAbyFTAg60?si=np_jfO06TLxkhFQy



Understanding Breast Cancer and the Importance of Early Detection

Breast cancer is a type of cancer that originates in the cells of the mammary glands, causing them to grow, develop, and multiply uncontrollably. Although breast cancer can affect both women and men, it is more prevalent in women. If not detected and treated promptly, the tumor can grow and invade nearby tissues, lymph nodes, and even spread to other parts of the body. However, when diagnosed in its early stages, breast cancer is highly treatable, significantly increasing the chances of a successful outcome.

Early detection of breast cancer is key to saving lives, as it is essential for effectively combating this disease. The earlier it is detected, the greater the chances of successful treatment and full recovery. Early detection allows tumors to be identified in their initial stages, when they are still small and have not spread to other parts of the body. This facilitates less invasive and more effective treatment options, ultimately increasing survival rates.

Signs of Breast Cancer

WHAT ARE POSSIBLE BREAST CANCER SYMPTOMS?



Swelling of one or both breasts



Hard or firm lumps



Including lumps in underarms



Changes in the skin on breast or nipple



Discharge from the nipple



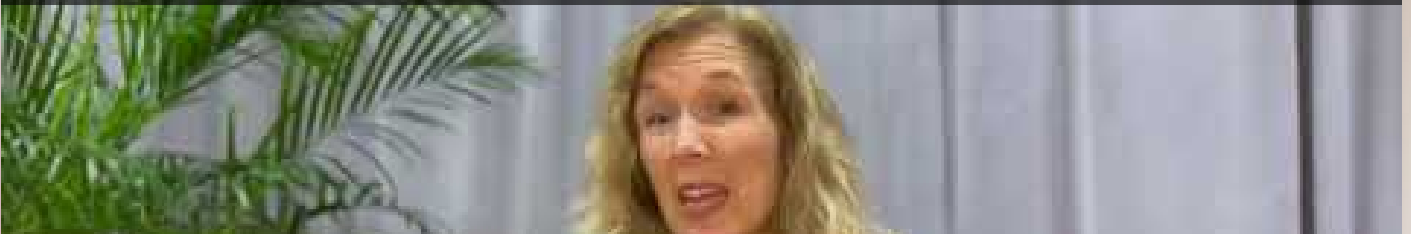
Dimpling of the skin on breast

Healthy Lifestyles Help Reduce Risk

Adopting a healthy lifestyle can significantly lower the risk of breast cancer. Here are key choices to consider:

1. **Maintain a Healthy Weight:** Obesity, particularly after menopause, increases breast cancer risk. A balanced diet and regular exercise can help manage weight.
2. **Eat a Balanced Diet:** Focus on a diet rich in fruits, vegetables, whole grains, and lean proteins while limiting processed foods and sugars.
3. **Engage in Regular Physical Activity:** Aim for at least 150 minutes of moderate exercise each week to maintain a healthy weight and reduce estrogen levels.
4. **Limit Alcohol Consumption:** Reducing alcohol intake to no more than one drink per day for women may lower breast cancer risk.
5. **Avoid Tobacco:** Quitting smoking and avoiding secondhand smoke can improve overall health and reduce cancer risk.
6. **Get Regular Screenings:** Stay proactive with screenings and check-ups for early detection.

<https://youtu.be/HRviC2wZHq8?si=kbP6mGPtgMLvyTm1>





Resources for Breast Cancer Awareness Month

World Health Organization's Science in 5: Breast Cancer, Know Your Risk

Did you know that both men and women can get breast cancer? It is the most common type of cancer amongst women, and most breast cancers are self-detected. In this session, the WHO's expert Dr. Mary Nyangasi explains breast cancer risks.

WHO's Science in 5 - Breast cancer: know your risk - 8 October 2024



National Breast Cancer Foundation

In support of breast cancer awareness, the National Breast Cancer Foundation (NBCF) is providing valuable educational information and support for breast health. Their '**Top Resources for Breast Cancer Awareness Month**' webpage offers a variety of free resources designed to help you understand breast cancer and promote awareness. This includes essential information on breast cancer basics, signs and symptoms, early detection, healthy living, and support. We invite you to explore these resources to learn more about breast health and the importance of early detection.

Access the webpage [here](https://www.nbcf.org/top-resources-for-breast-cancer-awareness-month)

<https://www.youtube.com/watch?v=atqywLmD75g>

Helping Women NOW.

Susan G. Komen

Susan G. Komen is a leading nonprofit organization dedicated to combating breast cancer through research, advocacy, and community support. This organization focuses on improving outcomes for breast cancer patients by funding innovative research, providing access to care, and promoting awareness of the disease. Their signature events, like the Komen Race for the Cure, mobilize communities and raise vital funds while fostering a supportive environment for survivors and their families.

To learn more, please visit their website [here](#).

1. Know your risk

Talk to both sides of your family to learn about your family health history.
Talk to a doctor about your risk of breast cancer.

2. Get screened

Talk with a doctor about which screening tests are right for you if you're at higher risk.
Have a mammogram every year starting at age 40 if you're at average risk.*
Have a clinical breast exam at least every 3 years starting at age 25, and every year starting at age 40.*
*Per NCCN Guidelines

3. Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

4. Make healthy lifestyle choices

Maintain a healthy weight.
Make exercise part of your routine.
Limit alcohol intake.
Limit menopausal hormone use.
Breastfeed if you can.

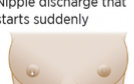
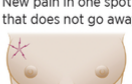
For more information, visit komen.org or call the Komen Patient Care Center's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET or email at helpline@komen.org. Se habla español.

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Did you know 6 of the 8 warning signs of breast cancer are visual?

The signs of breast cancer are not the same for everyone. It's important to know how your breasts normally look and feel. If you notice any change, see a doctor.

Changes that should be reported include:

• Lump, hard knot or thickening inside the breast or underarm area 	• Swelling, warmth, redness or darkening of the breast 
• Change in the size or shape of the breast 	• Dimpling or puckering of the skin 
• Itchy, scaly sore or rash on the nipple 	• Pulling in of your nipple or other parts of the breast 
• Nipple discharge that starts suddenly 	• New pain in one spot that does not go away 

Local, National and Global Resources



Breast Cancer Resource Center of Texas (BCRC)

- Provides support and guidance for individuals affected by breast cancer in Central Texas.
- Offers patient navigation, support groups, and wellness workshops.
- Visit their site at <https://bcrc.org/>



National Breast Cancer Foundation (NBCF)

- Offers extensive resources, including early detection guides, patient support services, and educational information.
- Provides free mammograms and other early detection services.
- Visit their site at <https://www.nationalbreastcancer.org/>



Pink Ribbon International

- Connects breast cancer organizations globally to raise awareness and funds for research.
- Provides resources on prevention, early detection, and treatment options.
- Visit their site at <https://pinkribbon.co/>

New Guidelines on Mammograms



Paula's Corner

Nutrition and Breast Cancer

Numerous studies have demonstrated that a healthy lifestyle, particularly one that includes a balanced and varied diet, can significantly reduce the risk of developing cancer. Regular physical exercise, along with nutritious choices, contributes to overall well-being and enhances our body's ability to fight disease. While there are non-modifiable risk factors such as age and sex, and other unidentified elements that can influence cancer development, embracing healthy habits empowers us to take proactive steps in our health journey.

Antioxidant-Rich Foods: Antioxidants, found in colorful fruits and vegetables, nuts, and seeds, can help protect healthy cells from damage. Incorporating a variety of these foods into your daily diet can strengthen your immune system and help your body fight cancer.

- Examples: Strawberries, blueberries, and raspberries: rich in antioxidants that combat harmful substances. Broccoli, spinach, and carrots: excellent sources of vitamins and minerals.

Quality Proteins

Proteins are essential for tissue repair and for strengthening the immune system. Opt for lean sources of protein, such as chicken, fish, tofu, and legumes, to help keep your body strong during treatment.

Healthy Fats

Healthy fats, such as those found in olive oil, avocados, and nuts, are beneficial for overall health. They can also help reduce inflammation in the body, which has been linked to cancer.

Fiber and Digestion

A diet rich in fiber, from foods like whole grains, fruits, and vegetables, can help maintain a healthy digestive system, especially important during cancer treatment.

Stay Hydrated

Drinking enough water is essential for keeping your body well-hydrated, which can help reduce the side effects of some treatments and promote the removal of toxins from the body.

6 Superfoods to Reduce Risk for Breast Cancer



Exercise and Breast Cancer



Mindfulness and Mental Health: Supporting Breast Cancer Journeys

Breast cancer impacts not only physical health but also emotional well-being. Those diagnosed may face anxiety, depression, and uncertainty. Prioritizing mental health is essential as it influences treatment outcomes and quality of life.

The Role of Mindfulness

Mindfulness practices, such as meditation and deep breathing, can significantly benefit those affected by breast cancer by:

- **Reducing Anxiety and Stress:** Grounding individuals in the present helps manage overwhelming feelings.
- **Improving Emotional Resilience:** Mindfulness fosters self-compassion, aiding in navigating emotional challenges.
- **Enhancing Coping Mechanisms:** Awareness of the body's needs through mindfulness can improve responses to pain and fatigue.
- **Fostering Connection:** Mindfulness promotes engagement with emotions and strengthens support networks, reducing isolation.
- **Boosting Overall Well-Being:** Regular mindfulness practices can improve sleep and appetite, vital for recovery.

Practical Techniques

Incorporating mindfulness into daily routines can enhance mental health for those affected by breast cancer, fostering resilience and a sense of peace during their journey.



Mindful Breathing

Focus on your breath to center thoughts and reduce anxiety.



Yoga and Movement

Gentle yoga connects breath with movement, promoting relaxation.



Journaling

Write about experiences and feelings to enhance self-awareness.

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STRONGER**

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Carlos Cervantes

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