

Breast Cancer Awareness



Did You Know?

- 1 in 8 women are diagnosed with breast cancer in the US.
- It is the second leading cause of death for women.
- Breast cancer in men is very rare but each year about 460 will die from this.
- Breast cancer can be genetic or caused by lifestyle behaviors such as smoking, poor diet, or drinking alcohol.
- All adult women should perform a self-breast exam once a month.
- Women who are older than 40 should get a mammogram every 1 to 2 years.

What is breast cancer?

Breast cancer occurs when breast cells grow out of control. It can happen on different parts of the breast but most occur in the ducts or lobules. When old cells do not die, new cells form making the process of cell growth go wrong. This build up then causes the cells to form a mass of tissue which is called a lump, growth, or tumor. Once the breast cancer spreads to other parts of the body, it then metastasizes.

Detection

Breast cancer cannot be prevented, but there are things you can do to detect it early on. Some signs and symptoms of breast cancer is a change in how the breast or nipple feels, the appearance, and nipple discharge. Performing a self-exam on yourself is so important. This can be performed in the shower, in front of a mirror, or lying down. Check both breasts for any hard knots with your fingers by moving them in a circular motion. Get familiar with how your breasts look and feel, so each time you do this self-exam you can check if there are any changes. You can also go to a health care professional to get a clinical breast exam as they are trained to notice any abnormalities. The best way to detect breast cancer is by getting a mammogram. These should be scheduled regularly especially after the age of 40.

FUN FACTS ABOUT INGREDIENTS

- **Pumpkin** contains potassium, carotenoids, Vitamin A, and fiber.
- **Coconut Milk** is nutrient dense, contains fiber, improves circulation, and can help maintain weight.
- **Cinnamon** has antioxidants and can help with inflammation. It also can be protective against cancer by reducing the growth of cancer cells.
- **Vanilla** in high concentrations can prevent chronic diseases and cancer. It can also promote healthy digestion.
- **Dates** contain a great amount of vitamins, minerals, and fiber.
- **Coconut Oil** can boost your good cholesterol and can protect against various infections.

Reduce Your Risk

- **Maintain a healthy weight**
- **Stay physically active**
- **Eat fruits and vegetables**
- **Do not smoke**
- **Limit the amount of alcohol you consume**

HEALTHY RECIPE

Raw Pumpkin Pie Pudding

Ingredients:

- 2 cups pie pumpkin, peeled and diced (small pumpkins are best)
- 5 tablespoons coconut milk
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- ¾ cup dates, pitted
- 4 tablespoons coconut oil, melted

Directions:

- In a food processor, combine pumpkin, milk, spices, and vanilla. Blend thoroughly.
- Add dates and blend until smooth.
- Add coconut oil last, once the mixture is warmed from blending.
- Put into small bowls and chill for about 6 hours.

Source: <http://www.nationalbreastcancer.org>

Promoting Good Health and Quality of Life



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