

# OCTOBER NEWSLETTER



## BREAST CANCER AWARENESS MONTH

### What is Breast Cancer?

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According to the National Breast Cancer Foundation, cancer is a broad term used to describe a class of diseases that cause abnormal cell growth that invade healthy cells in the body. When breast cancer begins, the healthy cells of the breast are invaded by a group of cancer cells that can metastasize or spread to areas of the body.



### Screening and Detection

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According to the CDC, the USPSTF recommends that women at the age of 50-74 years old should get a mammogram every two years. Women who are 40-49 years old should talk to their primary physician to see how often to get a mammogram based on health risk. Another way to check for any irregularities is by performing a self-exam. This can easily be done in the shower, in front of a mirror, or lying down. By swiping over each breast with your fingers, move them in a circular motion. Check for any lumps or growths that may seem abnormal and talk to your primary doctor if anything is found. Try to perform a self-exam at least once a month.

### BREAST CANCER FACTS

1. There are over 3.8 million breast cancer survivors in the U.S
2. Although rare, men also get breast cancer, the risk ratio is 1-1,000
3. Breast Cancer is the most common cancer in woman worldwide
4. A Woman should perform a self-breast exam once a month
5. It is estimated that in 2019 41,760 women will die from breast cancer in the U.S.

# Caregiver Corner

Talk to your care giving team and partners about staying up to date with this year's Flu vaccination.



## October Activity

Did you know for only \$5-\$6 you can have a fun October activity that will help bring awareness to Breast Cancer?

Try making a breast cancer awareness month pumpkin this Halloween season to show your support to all breast cancer survivors.

Supplies:

- Pink Paint (Target 99 Cents)
- Pumpkin (1-3 Dollars)
- Permanent Marker (Target 1.98)

## Cancer Risk Factors

- Smoking
- Obesity
- Excessive consumption of Alcohol

## October Recipe

### Raw Pumpkin Pie Recipe



Ingredients:

- 2 cups pumpkin, peeled and diced (small pumpkins are best)
- 5 tablespoons coconut milk
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin 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.

### References:

[https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm)

<https://www.nationalbreastcancer.org/>



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