



Brought to you by the Holy Family Health Ministry

October is Breast Cancer Awareness Month

What is Breast Cancer

- Breast cancer is an uncontrollable (malignant) growth of tissues in the breast
- It may occur in both sexes, adult and children.

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Breast Cancer
Awareness Month

MAS 850 Group Presentation
2014

BREAST CANCER FACTS

Breast cancer is the
WORLD'S MOST PREVALENT
cancer.

In 2020,
2.3 MILLION
women were diagnosed worldwide.

1 IN 8 WOMEN
will be diagnosed in their lifetime.

EARLY DETECTION
saves lives.
Treatment can be highly effective,
especially in early stages.

Source: World Health Organization

- The chance of getting or dying from breast cancer increases with age.
- Many women who develop breast cancer have no family history of the disease.
- Important to do monthly self-exams and annual mammograms





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What can I do to reduce my risk for breast cancer?

- Regular exercise
- Breastfeeding during pregnancy
- Maintain a healthy diet
- Maintain a healthy weight
- Limit alcohol consumption
- Consult with your clinician regarding menopausal hormone use

www.drelizabethpoynor.com

Prevention

**Breast Cancer Risk Factors
THAT CAN BE CONTROLLED**



“Then Jesus said to her, “O woman, your faith is great; it shall be done for you as you wish.” And her daughter was healed at once”. Matthew 15:28

