



Brought to you by the Holy Family Health Ministry

October is breast cancer awareness month



**LET'S BEAT
BREAST CANCER**

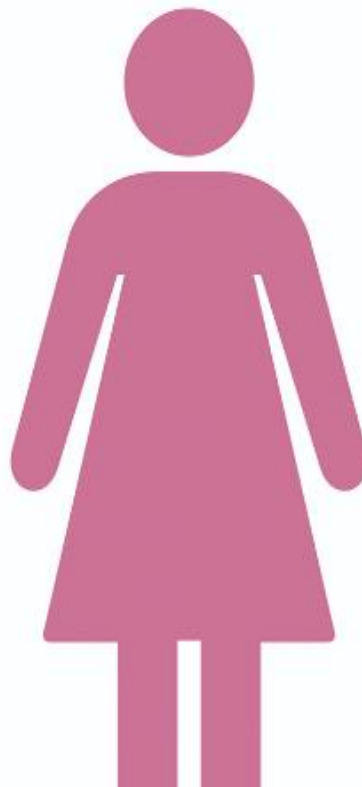
- **Breast cancer** occurs when cells in the breast divide and grow without their normal control. Malignant (cancer) cells form in the tissues of the breast in a disease.
- Between 2016 – 2022 breast Cancer was the ***leading cause of Death in Virgin Islands women***
- Approximately **15% of women diagnosed have a family history of breast cancer.**
- Those with a first-degree relative (mother, sister, daughter) with breast cancer are nearly **twice as likely to develop breast cancer themselves.**
- **Black women** are dying of breast cancer at **twice the rate** of white women
- The early detection of breast cancer through annual **mammography** and other breast exams is the best defense against receiving a late-stage breast cancer diagnosis.

If you know someone who is living with breast cancer or has been affected by the disease, check in with them to ask them how they're doing.

If you are 40 years or older, schedule your annual mammogram!!

Encourage your friends and family to do the same.

According to the Centers for Disease Control and Prevention, breast cancer may cause the following signs and symptoms:



- New lump in the breast or 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
- Nipple discharge other than breast milk
- Pulling in of the nipple or pain in the nipple area
- Any change in breast size or shape
- Pain in any area of the breast





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MALE

Breast Cancer

- Breast cancer is commonly associated with women, but men also have breast tissue and can be at risk for developing breast cancer.
- Many men delay seeking medical help when unusual symptoms appear, leading to later-stage diagnosis.
- Black men with breast cancer tend to have a worse prognosis, or outlook, than white men with breast cancer.

Risk factors include:

- **Age:** Men aged 40 to 80 years are most at risk.
- **Family history:** A close relative with breast cancer increases a man's risk.
- **Obesity:** More fat cells can increase estrogen levels, raising cancer risk.
- **Alcohol use:** Heavy alcohol consumption can increase estrogen levels.

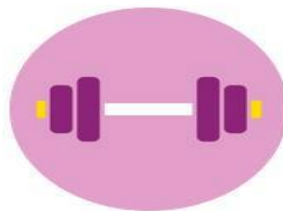
Men with breast cancer may experience:

- Swelling or a painless lump in the breast
- Inverted nipple
- Nipple discharge or bleeding
- Breast discomfort or a pulling sensation
- Skin changes (dimpling, redness, or scaling)

Ways for women and men to reduce their risk of breast cancer



Eat a healthy diet



Exercise regularly



Maintain a healthy weight

Resources: [Do Men Get Breast Cancer? The Facts You Should Know | Council for Medical Schemes;](#)

<https://doh.vi.gov/wp-content/uploads/2024/09/US-Virgin-Islands-Cancer-Plan.pdf>; [Breastcancer.org](https://www.breastcancer.org).

Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. 3 John 1:2

