

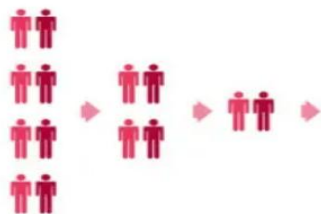


October is Breast Cancer Awareness Month



Risk Factors

GENETIC



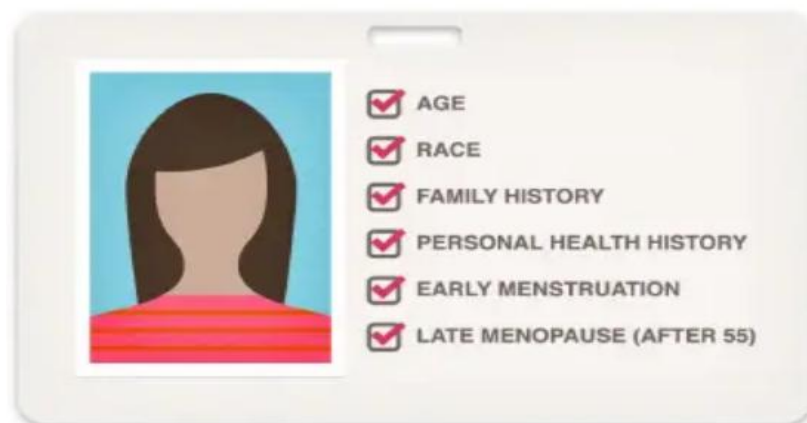
ENVIRONMENTAL



Genetic risk factors are inherited, or passed down, from parent to child through the genes. These risk factors cannot be changed because they are built into your DNA from birth.

Environmental and lifestyle risk factors are avoidable risk factors that are typically under an individual's control. These risk factors can be reduced by changing elements within your environment or making alterations to your lifestyle

Risk Factors That Cannot Be Changed



"...I, the LORD, am your healer". Exodus 15:26





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Some Fact About Breast Cancer

- Women who use **permanent hair dye** and **chemical hair straighteners** have a **higher risk** of developing breast cancer than women who don't use these products.
- Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history.
- When there is a family history of breast cancer, ***genetic testing and counselling*** may be recommended to determine if you and your family have a breast cancer gene mutation.
- Smoking is a confirmed risk factor for developing many types of cancer, including breast cancer.
- Give yourself a breast ***self-exam once a month***. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, redness or scaliness of the breast skin, redness or scaliness of the or discharge of secretions from the nipple.
- If you discover a persistent [lump in your breast](#) or any changes, it is very important that you see a physician ***immediately!***
- Women 40 and older should have ***mammograms every year***.
 - A mammogram is an x-ray of the breast routinely performed to detect breast cancer in women who have no apparent symptoms.
- **Breastfeeding can reduce the risk** of developing breast cancer but requires breastfeeding to be continuous for a relatively long time.
- **Exercise boosts the immune system** and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer.
- ***Men can get breast cancer, too.*** Men should also check themselves periodically by doing a [breast self-exam](#) while in the shower and ***reporting any changes to their physicians.***

