

Physical Activity

Lace up your shoes! Just 30 minutes a day. To reduce the risk of breast cancer, women should engage in aerobic exercise for at least 30 minutes every day, preferably more. Walking is an excellent aerobic activity and can be done easily by most women. Small things count — walking down the hall to talk with a colleague rather than emailing, walking or biking to work, using stairs rather than elevators, and taking physically active vacations with family.



SUPER FOODS that help fight breast cancer

- Blueberries
- Crunchy vegetables (broccoli, brussel sprouts, cabbage, cauliflower, kale)
- Nuts
- Dark leafy vegetables
- Beans
- Tomatoes
- Garlic
- Turmeric (curry based dishes)
- Green tea
- Whole grains

While research on foods that fight cancer is ongoing and active, these are a few healthy food choices to help in cancer prevention recommended by the American Institute for Cancer Research (AICR).

Detecting Breast Cancer.

What is a screening mammogram?

A mammogram is a key tool in early detection of breast cancer. A mammogram can find abnormalities in the breast years before you or your doctor could detect a change. That's why mammograms can detect breast cancer when they are most curable.

What is a diagnostic mammogram?

A diagnostic mammogram is used to check for breast cancer after a lump or another symptom has been identified. Diagnostic mammograms require a longer appointment time than screening mammograms because multiple, more detailed images are taken. This provides detailed pictures needed for an accurate diagnosis.

What is tomosynthesis?

Breast tomosynthesis, also known as 3D mammography, represents a technological breakthrough in breast imaging that provides a clearer, more detailed and accurate view compared to digital mammography alone.

Conventional digital mammography produces one image of overlapping tissue, making it difficult to detect abnormalities. Breast tomosynthesis takes multiple images of the entire breast, allowing Inland Imaging's breast imaging radiologists to see through layers of tissue to examine areas of concern from a variety of angles, one thin slice at a time.

*3D mammography screening research findings include:

- **41% increase** in the detection of invasive breast cancers
- **29% increase** in the detection of all breast cancers
- **15% decrease** in women recalled for additional imaging
- **40% decrease** in "false positives"

What are the risk factors for breast cancer?

Alcohol

The risk increases with the amount of alcohol consumed. Women who consume one alcoholic drink a day have a very small increase in risk. Those who have 3-5 drinks daily have about 1.5 times the risk of women who don't drink.

Being Overweight

Being overweight or obese after menopause increases breast cancer risk. Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher blood insulin levels, which have also been linked to breast cancer.

Increasing Age

Besides being female, age is the most important risk factor for breast cancer.

Recommendations.

The American College of Radiology (ACR) and the Society of Breast Imaging (SBI) recommend that women receive an annual mammogram starting at age 40. The fact is that mammography is the best tool available to screen for breast cancer. It has helped reduce the breast cancer death rate in the United States by more than 35 percent. At present, there are no tests to replace mammography.

Is mammography safe?

Some women are concerned about radiation exposure from the screening. The fact is the risk of harm from radiation exposure is very small. The actual exposure of radiation during a mammogram is about equivalent to having a dental exam or two hours in the sun. The health benefits of getting a mammogram that may diagnose breast cancer in its early stages outweigh any risk of radiation associated with the exam.

**Fact and Figures.

- **40** is the age at which women should start getting annual mammograms.
- **One in eight** women in the United States will be diagnosed with breast cancer in her lifetime.
- **One in six** breast cancers occur in women aged 40-49.
- **75% of women** diagnosed with breast cancer have no family history of the disease
- **For women 50+ years old**, skipping a mammogram every other year would miss up to 30 percent of cancers, (an additional 10,000 breast cancer deaths in the United States each year).
- **Breast cancer is the #1** most common cancer in women.
- **Breast cancer is the second** leading cause of cancer death among women.
- **37%** reduction in breast cancer deaths since mammography screening became widespread in 1990.
- **96%** of women who find and treat breast cancer early will be cancer free after five years.
- Although breast cancer in men is rare, an estimated **2,600 men will be diagnosed** with breast cancer and approximately 440 will die each year.

Men and breast cancer.

Breast cancer occurs mainly in women, but men can get it, too. Many people do not realize that men have breast tissue and that they can develop breast cancer. Symptoms of breast cancer in men are very similar to those in women. Most male breast cancers are diagnosed when a man discovers a lump on his chest. The same techniques to diagnose and treat breast cancer in women are also used on men.

Breast cancer in men is uncommon. This is possibly due to their smaller amount of breast tissue and the fact that men produce less hormones such as estrogen that are known to affect breast cancers in women. In fact, only about 1 in 100 breast cancers affect men and approximately 10 men in a million will develop breast cancer.

Resources

Most major insurances will cover a screening mammogram. Women should contact their mammography facility or health insurance company for confirmation of the cost and coverage.

However, not everyone may have medical insurance. There are several national and local resources available to women who may need financial help in order to have a screening mammogram.



American Cancer Society

509.466-2642 | www.cancer.org

CHAS Health

509.444.8200 | www.chas.org

Every Woman Can

509.202.0830

www.everywomancan.org

Mammography Saves Lives

www.mammographysaveslives.org

Spokane Regional Health District

Breast and Cervical Health Program

509.324.1553 | srhd.org

**3D mammography source: Journal of the American Medical Association, June 25, 2014, Breast Cancer Screening using tomosynthesis in combination with digital mammography.*

***Facts and figures sources: American Cancer Society, American College of Radiology, Centers for Disease Control and Prevention.*