

## October 2009: Breast Cancer Awareness Month

According to the Cancer Prevention Foundation (<http://www.preventcancer.org/>), in 2009, an estimated 192,370 women and 1,910 men will be diagnosed with invasive breast cancer (i.e., rapidly dividing cells that have spread beyond the confines of a duct or lobe and into normal tissue), and 40,610 will die from it. With our Minnesota sports teams so much in the news lately (*Go Vikings! Go Twins!*), I can't help but think of the old adage, "the best defense is a good offense." The same goes for managing health risks, including breast cancer risk. Here are a few links to information to help you reduce your risk for breast cancer:

### ***Risk Factors for Breast Cancer:***

As with any chronic disease, some risk factors cannot be controlled, including age and family history. However, some risk factors for developing breast cancer CAN be managed, such as one's diet, use of alcohol, and level of physical activity:

- *General risk factors:* <http://www5.komen.org/breastcancer/loweryourrisk.html>
- *Risk factors one can't control:* [http://www.breastcancer.org/risk/everyone/cant\\_control.jsp](http://www.breastcancer.org/risk/everyone/cant_control.jsp)
- *Risk factors one can control:* [http://www.breastcancer.org/risk/everyone/can\\_control.jsp](http://www.breastcancer.org/risk/everyone/can_control.jsp)

### *Calculate Breast Cancer Risk:*

- [http://www.breastcancerprevention.org/raf\\_source.asp](http://www.breastcancerprevention.org/raf_source.asp)
- <http://www.cancer.gov/bcrisktool/Default.aspx>

### ***Breast Cancer Prevention:***

The development of any chronic disease results from a complicated interaction between inherited tendencies and environmental factors. Of course, one can't guarantee that s/he will never develop a chronic health issue, like cancer. But taking steps to lower one's risk may help one avoid breast cancer altogether, or it may result in a better outcome, such as earlier detection or a better prognosis.

#### *Changes You Can Make to Lower Your Risk:*

- [http://www.breastcancer.org/risk/everyone/lower\\_risk.jsp](http://www.breastcancer.org/risk/everyone/lower_risk.jsp)
- <http://www.mayoclinic.com/health/breast-cancer/DS00328/DSECTION=prevention>
- <http://www.breastcancerprevention.org/>
- <http://www.cancer.gov/cancertopics/pdq/prevention/breast/Patient/page3> (for information written in layperson language)
- <http://www.cancer.gov/cancertopics/pdq/prevention/breast/HealthProfessional/page2> (for information written for health professionals)

### ***Breast Cancer in Men:***

While breast cancer is often considered a woman's disease, men can also be susceptible. As with breast cancers in females, risk factors include age, family history, alcohol use and weight; however, several risk factors are unique to men:

- <http://www.mayoclinic.com/health/male-breast-cancer/DS00661>

***Click here for information on ARCC activities for [Breast Cancer Awareness](#) Month, including information in the BN "Bulge" and a Yoplait Yogurt Lid Drive.***