

October is National Breast Cancer Awareness Month

According to the World Health Organization, breast cancer is the most common form of cancer among females worldwide, claiming the lives of hundreds of thousands each year and affecting countries at all levels of modernization.

Facts about Breast Cancer in the United States among Women:

- ✓ One in eight women will be diagnosed with breast cancer in their lifetime.
- ✓ Breast cancer is the second leading cause of death among women.
- ✓ Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- ✓ Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.
- ✓ In recent years, perhaps coinciding with the decline in prescriptive hormone therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part to better due to screening and detection, increased awareness, and continually improving treatment options.

Male Breast Cancer

Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

Although treatment outcomes are very similar to women at the same stage of detection, a man diagnosed with breast cancer should also consider seeing a genetic counselor for a consultation. If a man tests positive for a defective gene (most commonly either BRCA1 or BRCA2) that can lead to a future diagnosis of breast cancer and his children have a 50% chance of carrying the gene.

Genetic Factors

- ✓ **Race:** Breast cancer is diagnosed more often in Caucasian women than women of other races.
- ✓ **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future.
- ✓ **Personal Health History:** If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future.
- ✓ **Certain Genome Changes:** Mutations in certain genes, such as "BRCA1 and BRCA2", can increase your risk for breast cancer. This is determined through a genetic test. Individuals with these gene mutations can pass the gene mutation onto their children.

Lifestyle Risk Factors

- ✓ **Lack of Physical Activity:** A sedentary lifestyle with little physical activity can increase your risk for breast cancer.
- ✓ **Poor Diet:** A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.
- ✓ **Being Overweight or Obese:** Being overweight or obese can increase your risk for breast cancer.
- ✓ **Drinking Alcohol:** Frequent consumption of alcohol can increase your risk for breast cancer.

BY: National Breast Cancer Foundation

Recipe of the Month



Apple Fennel Soup

Serves 4

Ingredients:

- 2 cups low-sodium chicken broth
- 2 cups water
- 1/2 cup white wine
- 2 Golden Delicious apples, peeled, cored, and chopped
- 1 cup carrots, thinly sliced
- 1 small onion, thinly sliced
- 1 cup fennel, chopped
- 1 bay leaf
- 1/4 teaspoon dried thyme leaves
- 6 black peppercorns

Directions:

Combine the broth, water, wine, apples, carrots, onion, fennel, bay leaf, thyme, and peppercorns in a large soup pot. Bring to a boil, then reduce the heat and simmer, covered, for 20 minutes. Strain the soup, reserving the liquid. Remove the bay leaf. In a blender or food processor, puree the apple-fennel mixture. Add the reserved liquid and blend well. Reheat the soup if necessary. Ladle into bowls and serve with a dollop of yogurt if desired.

Nutritional Information:

Calories 100, Total Fat 1g, Cholesterol 0mg, Total Carbs 17g, Dietary fiber 3g, Protein 4g

Interested in learning additional *healthy* lifestyle tips?
Contact a Care Manager today by calling toll-free 877-396-1402.