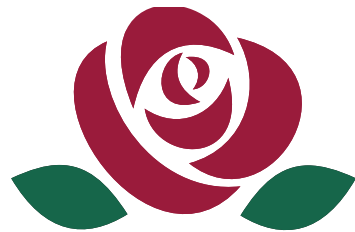


# Breast Cancer Health and Education Class

Presented by



**ALBIE AWARE**  
BREAST CANCER FOUNDATION

# Who are we?



- ▶ Albie Aware, the Albie Carson Breast Cancer Foundation was created in memory of Albie Carson who lost her battle to breast cancer in 2002
- ▶ Albie lost her life because we were not AWARE of all the tests and treatments available at her stage of the disease, and it is our goal to save others from the same fate
- ▶ Albie **Aware** sounds like, “Ill be aware” and that’s our goal.
- ▶ Our foundation emphasizes early detection through education, awareness and testing. We are a local foundation offering resources and assistance in the greater Sacramento region.

 albieawareinc

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# Facts

- ▶ About 1 in 8 U.S. women (about 13%) will develop invasive breast cancer over the course of their lifetime.
- ▶ In 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive breast cancer.
- ▶ About 2,650 new cases of invasive breast cancer are expected to be diagnosed in men in 2021. A **man's lifetime risk of breast cancer is about 1 in 833.**
- ▶ The most significant risk factors for breast cancer are sex (being a woman) and age (growing older).
- ▶ About 85% of all women with breast cancer have no family history of the disease
- ▶ Breast cancer is the leading cause of death in women between the ages of 40 and 55
- ▶ Breast cancer became the most common cancer globally as of 2021, accounting for 12% of all new annual cancer cases worldwide, according to the World Health Organization.

# Facts continued

- ▶ About 43,600 women in the U.S. are expected to die in 2021 from breast cancer. The overall death rate from breast cancer decreased by 1% per year from 2013 to 2018. These decreases are thought to be the result of treatment advances and earlier detection through screening.
- ▶ **The probability of developing breast cancer in the next 10 years is... by age 20 - 1 out of 1,985, 30: 229, 40: 68, 50: 37, 60: 26, 70:24**
- ▶ In women under 45, breast cancer is more common in African American women than white women. Overall, African American women are more likely to die of breast cancer. For Asian, Hispanic, and Native-American women, the risk of developing and dying from breast cancer is lower.
- ▶ More than 3.8 million breast cancer survivors are alive in the United States today

# The Importance of Breast Health

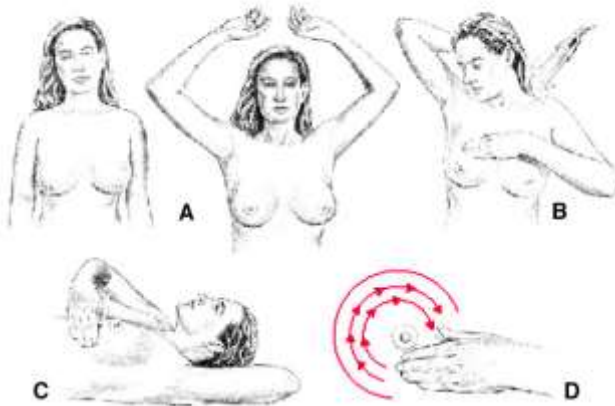
- ▶ **Your breast are made up of glands, fat and fibrous tissue. A woman's breast** are always changing during the menstrual cycle, pregnancy, breastfeeding and menopause
- ▶ **It is imperative that you learn to know what is “normal” to you**
- ▶ Early detection along with minimizing the risks can lead to a positive result and save more lives
- ▶ When breast cancer is detected early the five-year survival rate is 96%

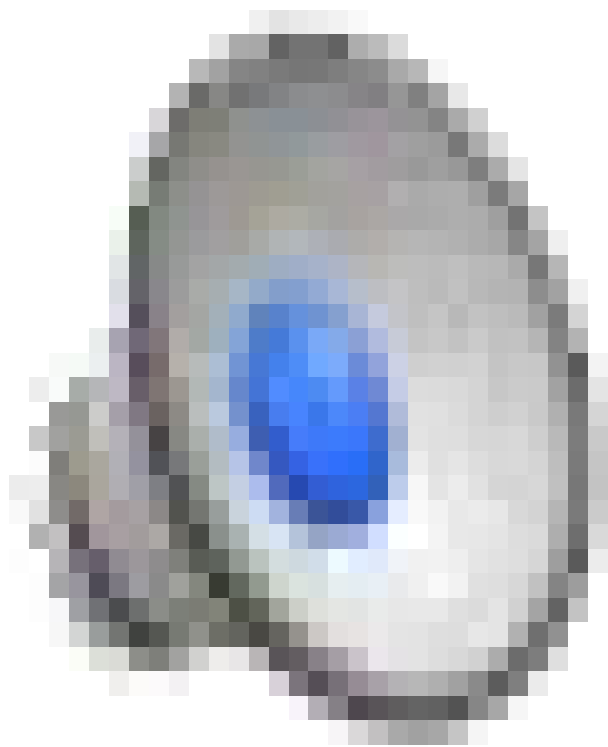
# Continued'

- ▶ Breast self exam, clinical exam, mammography screening and a personal action plan will help you minimize your risk.
- ▶ Never ignore any changes in your breast

Kelly, Sexuality Today: The Human Perspective, 6e. Copyright © 1998, The McGraw-Hill Companies, Inc. All Rights Reserved.

## Breast Self-Examination

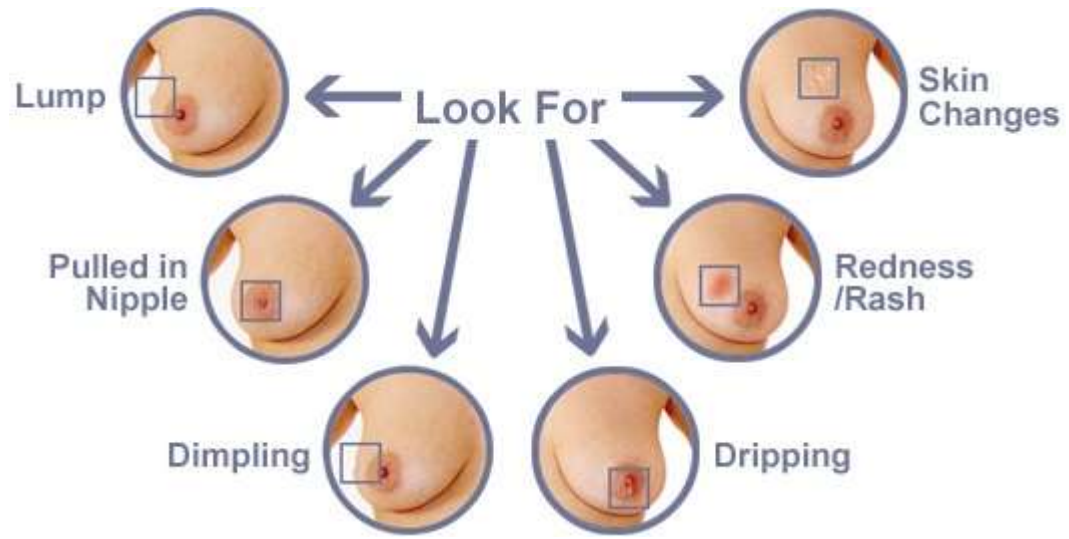




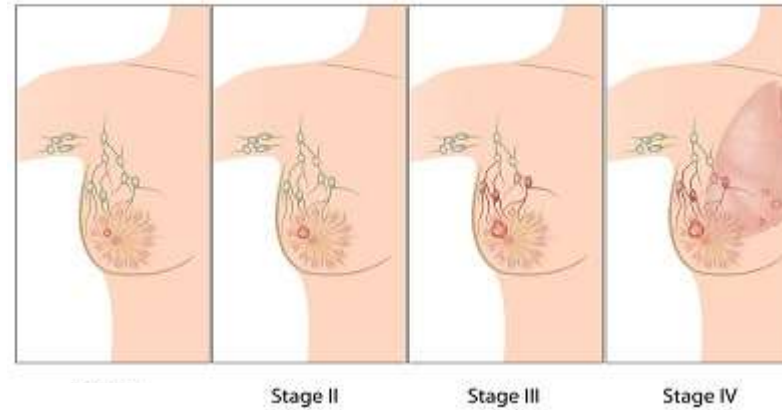
# Symptoms to Watch for...

- ▶ Changes, New lumps, enlarged lymph nodes or knots found in breast area or armpit that do not decrease after menstrual cycle
- ▶ Changes in shape, size, symmetry or swelling of the breast
- ▶ Changes in color of skin on breast or nipple area; irritation, redness, sensitivity, pain or persistent tenderness
- ▶ Nipple discharge (fluid coming from the nipple not related to breast milk), bloody, dark, clear and sticky
- ▶ Nipple retraction; nipple turning inward or pointing in a new direction
- ▶ Sudden prominent veins at the surface of the breast





### Stages of Breast Cancer



Changes to check for:



Lump - may not be seen, but might be felt



Skin texture e.g. dimpling / puckering



Appearance or direction of nipple



Nipple discharge

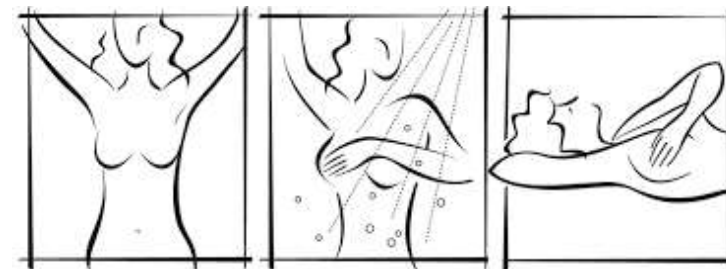


Rash or crusting

# Develop an Action Plan

## Diet and lifestyle

- Exercise frequently (3-5 times per week, minimum 20 to 30 minutes)
- Eat healthy (Super food)
- Maintain a healthy weight
- No smoking
- Positive attitude (reduce stress)
- Breast self exam (B.S.E)
- Taking deep breaths





# Top 10 Power Foods



Berries



Citrus



Vegetables



Whole Grains



Salmon/Tuna



Legumes/Beans



Nuts and Seeds



Lean Proteins



Tea, esp. Green Tea



Olive Oil  
Canola Oil

## Know Your Plastics

Numbers on container bases reveal what they're made of.

### Thumbs Up (These don't emit chemicals and are recyclable)

#2 High density polyethylene (HDPE): Milk jugs, shampoo and detergent bottles

#4 Low density polyethylene (LDPE): Frozen-food bags

#5 Polypropylene (PP): Yogurt cups, syrup bottles, diapers

### CAUTION (These are porous and may leach chemicals)

#1 Polyethylene terephthalate (PET or PETE): Water bottles

### NIX (These can leach chemicals and are hard to recycle)

#6 Polystyrene (PS) White foam

#7 Polycarbonate or polyactide (PLA): Baby bottles or water jugs, stain resistant food containers.

### Other information

- ❖ Plastic isn't usually endorsed because its made in part from petroleum.
- ❖ Avoid wax cartons – many recycling centers don't accept them
- ❖ Sip soda from aluminum cans
- ❖ Purchase milk and juice not in glass but in plastic – its easier to recycle and cheaper to ship.





## Healthy Ways of Dealing with Stress



- Go for a walk
- Light scented candles
- Call a good friend
- Listen to music
- Savor a warm cup of coffee or tea
- Spend time in nature
- Curl up with a good book
- Play with a pet
- Take a long bath
- Get a massage
- Have a good workout
- Write in your journal
- Walk in the garden/park
- Watch a comedy





## Unhealthy Ways of Coping With Stress



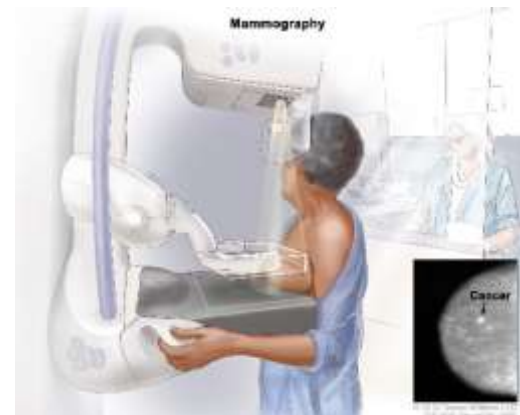
- Smoking
- Drinking too much
- Sleeping too much
- Keeping your stress locked up inside (not relieving yourself of stress)
- Taking out your stress on others (lashing out, angry outbursts)
- Withdrawing from friends, family, and activities
- Zoning out for hours in front of the TV or computer
- Using pills or drugs to relax
- Overeating or under eating
- Procrastinating

# When to do a B.S.E

- ▶ Start at the age of 20 and perform your own exam once a month by following our simple steps below
  - If you are menstruating, select a day that is 7 days after the first period date to perform your exam
  - If you are no longer menstruating pick a day out of the month, and perform the exam that same day for every month
  - If you are pregnant or breast feeding, you may still perform your exam once a month although due to hormonal changes you may not be able to get a proper read on what is normal for your body

# What to do...

- ▶ **Clinical exams:** by a trained health professional every 3 years in your 20's, every 2 years in your 30's and annually after the age of 40
- ▶ Annual mammograms: annually after the age of 40. Woman a high risk should get an MRI and mammogram every year
- ▶ Family history should be discussed with your doctor. Women at a higher risk include those who have known BRCA1 or BRCA2 gene mutation or have a first-degree relative with breast cancer (parent, brother, sister or child)





# Classes, events and more

- ▶ FREE Breast Cancer Health and Education classes are available at the Sacramento Food Bank, Saca Community Learning Center and Wellspring **Women's Center once a month**
- ▶ Also FREE Mammogram Clinic available on selected dates
- ▶ Special events such as Health Fair and more are also available for FREE



# What can Albie Aware offer you?

- ▶ Assistance to pay for exams and testing that can save your life.
- ▶ We fight for your health rights with insurance companies and your doctors.
- ▶ We provide health education preventative classes for breast cancer.
- ▶ We offer resources for people who have been diagnosed with breast cancer.
- ▶ Albie Aware team members can accompany you to your medical appointments to ensure that all of the right questions are asked and answered.



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