



# Breast Cancer AWARENESS MONTH

When breast cancer is detected early, in the localized stage, the 5-year relative survival rate is 100%\*

## Breast Cancer FAQs

### Can a healthy diet help to prevent breast cancer?

A nutritious, low-fat die (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

### Does smoking cause breast cancer?

Smoking is a confirmed risk factor for many types of cancer. Recent research in the last year (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer.

### How often should I do a breast self exam (BSE)?

Give yourself a breast self-exam once a month. Look for changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.

### Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their memmograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort.

### What kind of impact does stress have on breast cancer?

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

By hosting a \$200 show in October, you can purchase a Black Raspberry Vanilla Basic System with a Limited Edition Breast Cancer Awareness Lotion Bar for only \$10 (\$30 value)!!

\$1.50 of each *Come Together* Lotion Bar sold is donated to BCA!

Ask me about my open October party dates!



\*National Breast Cancer Foundation, Inc.