

OCTOBER



Always pray and seek the advice of God!

Proverbs 2:6 (NIV)

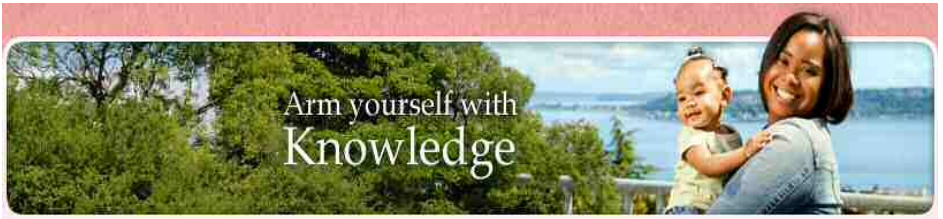
*“For the Lord gives Wisdom and from his mouth
come knowledge and understanding.”*

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What is Breast Cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The cancer cells may form a mass called a tumor. Breast Cancer is the second leading cause of cancer death in women after lung cancer.

Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age.

Some reasons for this may include the belief that mammograms are not needed, or not having health-care insurance. Also, research has shown that African-American women are more likely to get a form of breast cancer that spreads more quickly.

Men can get breast cancer also. Breast cancer in men is rare but it does happen, after all men have breast tissue. The overall ratio of female to male breast cancer in the United States is 100 to 1. Common symptoms of male breast cancer are a lump in the chest area, skin dimpling or puckering, discharge from nipples which can be bloody.

Breast Exams and Screenings

Breast exams are an essential part of every woman's preventative health care, especially African-American women. Breast screenings save lives by detecting breast cancer at its earliest, most treatable stages.

Two tests are commonly used to screen for breast cancer:

Mammograms: A safe low dose x-ray exam of the breast to look for changes that are not normal.

Clinical Breast Exam (CBE): The doctor looks at and feels the breast and under the arms for lumps and anything else that seems unusual.

The National Breast Cancer Foundation Recommends:

- All women begin monthly breast self-exam at age 20.
- All women begin annual clinical breast exam starting at age 40.
- All women begin annual mammograms starting at age 40.
- Women with a family history of breast cancer (mother, sister, daughter) begin annual clinical and mammograms starting at age 30.

Don't ignore it!

Risk Factors

Age: Your risk of breast cancer increases as you age. Women older than 55 have a greater risk than younger women.

Weight: Being overweight or obese increases risk for breast cancer.

Diet and Lifestyle: Lack of physical activity or a diet high in saturated fat increases risk.

Family History: Women who have a family history of breast cancer (mother, sister, daughter) have a greater chance of being diagnosed with breast cancer.

Race: Diagnosis occurs more often in Caucasian women than African-American, Hispanic and Asian women, however, African American women are more likely to die. This is a direct result of a lack of early detection.

Alcohol: Limit use of alcohol

Many of the risk factors for male breast cancer are the same or similar to the risk factors for breast cancer in women.

References :

National Breast Cancer Foundation

[www.ehow.com/about African American Women](http://www.ehow.com/about/African-American-Women)