



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



1 in 8 women will get breast cancer.

It is the most common cancer in women, among nearly every racial and ethnic group.

Every year, approximately 232,000 women get diagnosed with breast cancer. 40,000 die.

Men get breast cancer too. Approximately 400 die from the disease every year.

BREAST CANCER AWARENESS MONTH



October is Breast Cancer Awareness month. This month's issue is to raise awareness about this horrible disease that is one quarter of all cancers diagnosed in women (as well as those who were assigned the female sex at birth but do not identify as a woman). The stats in the photo on the left are for the USA, and in Canada it is estimated that 27,400 Canadian women will be diagnosed during 2020.

It is important to know the signs and symptoms of breast cancer because early detection is key. There are also ways you can reduce your risk of developing breast cancer.

NOT JUST WOMEN

Although it is predominantly something that affects women, breast cancer can affect anyone of any gender and sex.

Approximately 230 men in Canada are diagnosed with breast cancer every year, and about 55 of them do not survive. Men are more likely to be at risk of developing breast cancer if they have a family history of the disease, are over 60, have been exposed to radiation, or have cirrhosis of the liver.

Breast cancer can have different symptoms in men vs women. One of the most common symptoms in men is a painless lump under the nipple or near it.

All women and people with breasts, and men at risk, should do a monthly self-assessment.

WHAT TO WATCH FOR:



Lumps, usually hard



Swollen area



Lumps, swelling near armpit or collarbone



Change in breast size or shape



Dimpled skin



Flaky, thickened, or discolored skin



Pain or tender spots



A nipple that turns inward



Nipple discharge (not breast milk)

At Home Breast Exam



Self check once a month



Examine entire breast and armpit area



Gently use the pads of fingertips



Top and Bottom



Semi-circles



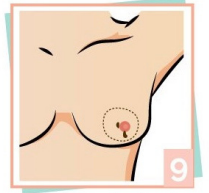
Circles



Look in the mirror for visual lumps



...skin and texture changes...



...changes in nipple shape or abnormal discharge.

KNOW THE SIGNS

Signs of breast cancer include:

- lump in breast or armpit or near collarbone
- nipple discharge
- nipple or breast pain or tender spots
- skin dimpling
- redness of skin
- nipple inversion
- skin changes (thickening, flaky)
- rash
- swelling
- area that is hot to the touch
- changes to lymphnodes
- change in breast size or shape

It is important to check yourself for these signs every month and speak with a doctor right away if you notice anything. You can reduce your chance of getting breast cancer by living a healthy lifestyle, and limiting smoking and alcohol intake.

Ready Reads

Stronger than Before

by Alison Porter

Unspoken truths of a breast cancer journey

with Jennifer Cochrane

https://www.ted.com/talks/jennifer_cochran_unspoken_truths_of_a_breast_cancer_journey/up-next

Thoughtful Thinking

Shameless Showtime

Jane the Virgin

On Netflix

1 in 8 women will develop breast cancer in their lifetime

Fact of the week
<https://www.yourbreast.org/warning-signs/>