

# Health Awareness

A County Health Pool Publication



October, 2014

## Breast Cancer Health Awareness

Nearly one in eight U.S. women develops breast cancer some time in her life. Doctors don't always know why breast cancer starts, but some risk factors stand out. In 1940, the lifetime risk of a woman developing breast cancer was 5%, or one in 20. The American Cancer Society estimates that risk to be 13% in 2012, or more than one in 8. In many cases, it's not known why a woman gets breast cancer. In fact, 75% of all women with breast cancer have no known risk factors.

### What Are the Risk Factors for Breast Cancer?

A risk factor is anything that increases a person's chance of getting a disease. Different cancers have different risk factors.

However, having a cancer risk factor, or even several of them, does



not necessarily mean that a person will get cancer. Some women with one or more breast cancer risk factors never develop breast cancer, while most women with breast cancer have no apparent risk factors.

### Significantly higher risk

A woman with a history of cancer in one breast is three to four times likelier to develop a new breast cancer, unrelated to the first one, in either the other breast or in another part of the same breast. This is different than a recurrence of the previous breast cancer.

### Moderately higher risk

**Getting older.** Your risk for breast cancer increases as you age. About 77% of women diagnosed with breast cancer each year are over age 50, and almost 50% are age 65 and older.

**Direct family history.** Having a mother, sister, or daughter ("first-degree" relative) who has breast cancer puts a woman at higher risk for the disease.

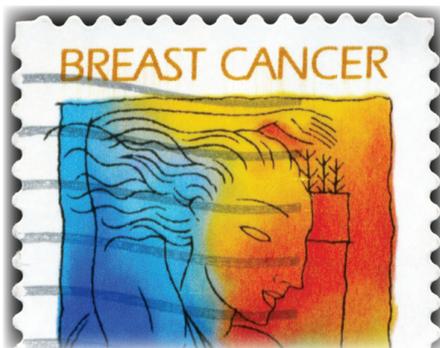
**Genetics.** Carriers of alterations in either of two familial breast cancer genes called BRCA1 or BRCA2 are at higher risk.

**Breast lesions.** A previous breast biopsy result of atypical hyperplasia (lobular or ductal) or lobular carcinoma in situ increases a woman's breast cancer risk by four to five times.

### Slightly higher risk

**Distant family history.** This refers to breast cancer in more distant relatives such as aunts, grandmothers, and cousins.

**Previous abnormal breast biopsy.** Women with earlier biopsies show-



(Over)

## Breast Cancer Health Awareness (Continued)

ing any of the following have a slight increased risk: fibroadenomas with complex features, hyperplasia without atypia, sclerosing adenosis, and solitary papilloma

**Race.** Caucasian women are at a slightly higher risk of developing breast cancer than are African-American, Asian, Hispanic, and Native American women.

**Weight.** Being overweight (especially in the waist), with excess caloric and fat intake, increases your risk, especially after menopause.

**Heritage.** Female descendants of Eastern and Central European Jews (Ashkenazi) are at increased risk.

## How Can I Prevent Breast Cancer?

Doctors still are not certain how to prevent breast cancer.

Regular aerobic exercise may offer some protection. Studies have found that women who exercised vigorously and often were only half as likely as non-exercisers to get breast cancer.

Diet plays a very small but measurable role in breast cancer prevention. Dietary fats may increase your risk of developing breast cancer, and fruits, vegetables, and grains may help to reduce the risk.

Alcohol consumption has been associated with an increased risk of breast cancer. Women who drink

two and a third to four and a half bottles of beer per day, two and a half to more than five and a half glasses of wine per day, or two to four shots of liquor per day, have a 41% increased incidence of breast cancer. So the recommendation is to limit alcohol consumption.

It's important to keep in mind that dietary measures are not proven to overcome other risk factors for breast cancer. Women who adhere to a healthy diet should still take other preventive measures such as having regular mammograms.

Early detection and treatment is still the best strategy for a better cancer outcome.

Source: webmd.com

## Benefits Corner

**Reminder:** It is that time of year for flu shots! As a reminder, the County Health Pool covers an annual seasonal flu shot at 100% per covered participant. Please see listed below the following processes to assist in flu shot reimbursement.

1. Individual Employees and/or Dependents submit a Flu Shot claim form with a bona fide receipt and mail to Anthem. (Claim forms are available at [www.ctsi.org](http://www.ctsi.org)).
2. An entity can collect the individual Flu Shot claim forms and bona fide receipts, then create a spreadsheet to send into CTSI with the following items; First Name, Last Name, DOB, Date of Flu Shot, Name of Provider, Amount. Once CTSI receives the information listed above and verifies the eligibility of the individuals on the list, CHP will issue a check directly to the entity for distribution.
3. An entity can pay up front for the flu shots for its employees and/or dependents at a flu shot clinic or provider that is administering the flu shots. For reimbursements, the entity will need to create a spreadsheet to send into CTSI with the following items; First Name, Last Name, DOB, Date of Flu Shot, Name of Provider, Amount.

Once we receive the information listed above and verify the eligibility of the individuals on the list, CHP will issue a check directly to the entity.