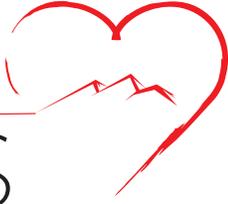


# health awareness



A COUNTY HEALTH POOL PUBLICATION

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## BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Awareness begins with knowledge.

### What Causes Breast Cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A person's age, genetic factors, personal health history, and diet all contribute to breast cancer risk.

### Who Gets Breast Cancer?

Breast cancer ranks second as a cause of cancer death in women (after lung cancer). Today, about 1 in 8 women (12%) will develop breast cancer in her lifetime. The American Cancer Society estimated that in 2015, about 231,840 women will be diagnosed with invasive breast cancer and about 40,290 will die from the disease.

Only 5% to 10% of breast cancers occur in women with a clearly defined genetic predisposition for the disease. The majority of breast cancer cases are "sporadic," meaning there is no direct family history of the disease. The risk for developing breast cancer increases as a woman ages.

### What Are the Symptoms of Breast Cancer?

The symptoms of breast cancer include:

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle.
- A mass or lump, which may feel as small as a pea.
- A change in the size, shape, or contour of the breast.
- A blood-stained or clear fluid discharge from the nipple.
- A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly, or inflamed).
- Redness of the skin on the breast or nipple.
- A change in shape or position of the nipple

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- An area that is distinctly different from any other area on either breast.
- A marble-like hardened area under the skin.

### What Are the Types of Breast Cancer?

*The most common types of breast cancer are:*

**Invasive (or infiltrating) ductal carcinoma.** This cancer starts in the milk ducts of the breast. Then it breaks through the wall of the duct and invades the fatty tissue of the breast. This is the most common form of breast cancer, accounting for 80% of invasive cases.

**Ductal carcinoma in situ (DCIS)** is ductal carcinoma in its earliest stage (stage 0). "In situ" refers to the fact that the cancer hasn't spread beyond its point of origin. In this case, the disease is confined to the milk ducts and has not invaded nearby breast tissue. If untreated, ductal carcinoma in situ may become invasive cancer. It is often curable.

**Infiltrating (invasive) lobular carcinoma.** This cancer begins in the lobules of the breast where breast milk is produced, but has spread to surrounding tissues or other parts of the body. It accounts for about 10% of invasive breast cancers.

**Lobular carcinoma in situ (LCIS)** is cancer that is only in the lobules of the breast. It isn't a true cancer, but serves as a marker for the increased risk of developing breast cancer later. Thus, it is important for women with lobular carcinoma in situ to have regular clinical breast exams and mammograms.

## BENEFITS CORNER

### Hearing Aid Discount Programs

If you have medical coverage through CHP, then you have access to a discount program for hearing aids as part of our ASO Agreement with Anthem.

Belton provides up to 50% off hearing aids and a free hearing screening—even at your home. For more information, please call the dedicated customer service unit at 1-866-698-0087

If you have vision coverage through CHP, then you have access to a discount program for hearing aids as part of our ASO Agreement with VSP.

TruHearing is making hearing aids affordable by providing free enrollment in the TruHearing MemberPlus Program. A TruHearing Member receives access to hearing aid professionals, exams and savings up to approximately \$1300 per hearing aid purchase. You can enroll at [vsp.truhearing.com](http://vsp.truhearing.com) or call TruHearing at 877-396-7194.

These are just summaries for a quote on savings, please contact the customer service numbers listed above for each program for further information.



### How Is Breast Cancer Diagnosed?

During your regular physical exam, your doctor will take a careful personal and family history and perform a breast exam and possibly order a mammogram or an ultrasound of the breasts. In certain women who are at increased risk for breast cancer, an MRI may be ordered.

Based on the results of these tests, your doctor may or may not request a biopsy to get a sample of the breast mass cells or tissue.

After the sample is removed, it is sent to a lab for testing. A pathologist -- a doctor who specializes in diagnosing abnormal tissue changes -- views the sample under a microscope and looks for abnormal cell shapes or growth patterns. When cancer is present, the pathologist can tell what kind of cancer it is (ductal or lobular carcinoma) and whether it has spread beyond the ducts or lobules (invasive).

– [webmd.com](http://webmd.com)