breast cancer risk factors

**Myth or Fact?**

*Myth:* I’m only 25, breast cancer happens only in older women.

*Fact:* Although the risk increases as you get older, all women are at risk for getting breast cancer. The two most important risk factors for breast cancer are being female and getting older.

*Myth:* Women with a family history of breast cancer typically get breast cancer.

*Fact:* Most women who get cancer have no family history of the disease. Although, a person whose mother, sister or daughter had breast cancer has an increased risk.

*Myth:* Men cannot get breast cancer.

*Fact:* Breast cancer in men is rare, but it does happen. In 2010, an estimated 1,970 men will be diagnosed with breast cancer.

**October is also National Cranberry Month!!**

**Cranberry fun facts:**

- Most of the US cranberry crop is grown in only 5 states: Massachusetts, Wisconsin, New Jersey, Oregon, & Washington.
- Each year more than 110,000 metric tons of cranberries are produced in the US.
- Cranberries can help prevent urinary tract infections and peptic ulcers.
- Cranberries contain flavonoids which are powerful antioxidants linked to the prevention of cancer and heart disease.
- Native Americans used cranberries for both their medicinal and natural preservative powers.
- More than one third of the cranberries grown in the US are made into juice.

**Take Back the Night**

Take back the night is a 3 part event with: a rally, march and speak out area. The rally will bring attention to the reality of domestic violence and sexual assault, the march will unite those who advocate and ally themselves with victims, and the speak out will be a safe space for victims to share their personal stories, or stories of other victims that cannot speak.

*You deserve a safe home. Speak out against sexual assault and domestic violence.*

**October 22nd, University Lawn, 6 p.m.**

**Breast Cancer Stats**

- About 1 in 8 women in the United States (between 12 and 13%) will develop invasive breast cancer over the course of her lifetime.
- Breast cancer is the most common type of cancer and is the 2nd leading cause of death in women.
- An estimated 207,090 new cases of invasive breast cancer will occur among women in the United States during 2010.
- About 1,970 men will be diagnosed and 440 men will die of breast cancer 2010 in the US.

**Screening Methods**

**Breast Self Exam:**

You should become familiar with the look and feel of your breasts and report changes to your healthcare provider right away.

**Mammogram:**

A mammogram is an X-ray of the breast. Women should have a mammogram once a year beginning at age 40.

**Clinical Breast Exam:**

The breasts are checked for any changes or abnormalities by a healthcare provider. Have a clinical breast exam every 3 years starting at 20, and every year starting at 40.

**Warning Signs**

Most common signs are changes in the look or feel of the breast or nipple:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn’t go away

If you have any of these symptoms you should discuss them with your healthcare provider asap.

**Skate for the Cure**

**October 24, 2010 from 5:40-7:20 PM at the ICE ARENA**

**Cost:** $2 Skate Rental

$3.00 Admission

*T-shirts will be sold throughout October at public skating sessions.

**ALL proceeds go to the Susan G. Komen Foundation!**

Brought to you by the BGSU 1000 class

**Shoo the flu: flu shot campaign**

**Get Your Flu Shot!**

Flu shots will be offered by the Student Health Service to BGSU students, faculty/staff, spouses, and alumni. The vaccination is $25 and can be paid with cash, check or BG1 card. Please bring your BGSU ID as well as a photocopy of the front and back of your current insurance card if you wish to bill your insurance. Visit www.bgsu.edu/health to see all location sites and times.

**Upcoming Dates:**

- 10/07/10- 113 Education Building, 12:00pm-2:00pm
- 10/14/10- Milette Alumni Center, Library 3:00pm-5:00pm
- 10/15/10- Central Service Building, Training Room 11:00am-2:00pm
- 10/19/10- McFall Center, Gallery 4:00pm-6:00pm