

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER



October 2018



National Breast Cancer Awareness Month

Breast cancer is the most common cancer in women in the United States. About 1 in 8 women will get breast cancer during her life.

Although breast cancer mostly occurs among older women, in rare cases breast cancer does affect women under the age of 45. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Breast cancer in young women is—

- More likely to be hereditary than breast cancer in older women.
- More likely to be found at a later stage, and is often more aggressive and difficult to treat.
- Often coupled with unique issues, including concerns about body image, fertility, finances, and feelings of isolation.

Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. A *mammogram* is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. **Most women who are 50 to 74 years old should have a screening mammogram every two years.**

If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

What Can I Do to Reduce My Risk of Breast Cancer?

Getting regular exercise and keeping a healthy weight can help lower your breast cancer risk. Many factors over the course of a lifetime can influence your breast cancer risk.

You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in these ways—

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

www.cdc.gov/cancer/breast



National Physical Therapy Month

Every year millions of Americans use opioids to manage pain.

Doctor-prescribed opioids are appropriate in some cases, but they just mask the pain—and reliance on opioids has led to the worst drug crisis in American history.

The Centers for Disease Control and Prevention (CDC) recommends safe alternatives like physical therapy for the management of most non-cancer-related pain.

Physical Therapists treat pain through movement, hands-on care and patient education. By increasing your physical activity you can also reduce your risk of other chronic diseases.

www.moveforwardpt.com/ChoosePT/Toolkit#Handout

Parenting Tips

I think for October we are going to do something different for our parenting tips.. I hope you enjoy!

Parenting tip: Maybe don't leave Hungry Hungry Hippos on the floor of a dark room.

Parenting Pro Tip: Never take a toddler's word for it

Parenting tip: Take kids to pumpkin patch. Let them pick out any pumpkin, but make them carry it to the car. They'll never want to go again.

Parenting tip: When your kids start crying, start bawling bigger & badder. Soon, they will stop crying & turn their concerns to your welfare.

Parenting tip: No good ever comes from a toddler sitting naked on the couch.

If a 2-year-old says, "I'm going to puke," FOR THE LOVE OF GOD DON'T CALL HER BLUFF.

When pouring your guts out to the baby at 3:00 am, make sure the monitor is turned off.



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