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**BREAST CANCER
AWARENESS GUIDE**

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The Anthony News

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Breast Cancer Awareness

Potential warning signs for breast cancer

Breast cancer is the most commonly occurring cancer in women across the globe. According to the World Cancer Research Fund International, there more than 2.26 million new cases of breast cancer in women in 2020. Such figures are sobering, but it's important to recognize that breast cancer survival rates have improved dramatically in recent decades, providing hope to the millions of women who may be diagnosed with the disease in the years to come.

Various factors have helped to improve breast cancer survival rates, and education about the disease is certainly among them. Women are their own greatest allies against breast cancer, and learning to spot its signs and symptoms is a great first step in the fight against this potentially deadly, yet treatable disease.

Knowing your body

The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms do not find every breast cancer.

Signs and symptoms

When women are well acquainted with how their breasts look and feel, they're in better position to recognize any abnormalities, which may or may not be indicative of breast cancer. The ACS reports that the following are some potential warning signs of



breast cancer.

- A new lump or mass:

The ACS indicates that this is the most common symptom of breast cancer. A lump or mass that is cancerous is often painless, but hard and has irregular edges. However, lumps caused by breast cancer also can be soft, round and tender. Some even cause pain.

- Swelling:

Some women experience swelling of all or part of a breast even if they don't detect a lump.

- Dimpling:

The skin on the breast may dimple. When this occurs, the skin on the breast sometimes mimics the look of an orange peel.

- Pain:

Pain on the breast or nipple could indicate breast cancer.

- Retraction:

Some women with breast cancer experience retraction, which occurs when the nipple turns inward.

- Skin abnormalities:

Breast cancer may cause the skin on the breast to redden, dry out, flake, or thicken.

- Swollen lymph nodes:

Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes that various symptoms of breast cancer also are indicative of non-cancerous conditions that affect the breasts. Only a physician can diagnose breast cancer, which underscores the importance of reporting symptoms to a doctor immediately. are indicative of non-cancerous conditions that affect the breasts.

Breast Cancer Awareness

Family history increases risk for breast cancer

Millions of people across the globe will be diagnosed with breast cancer this year. In fact, only certain skin cancers affect more women than breast cancer within the United States and Canada.

The World Cancer Research Fund International says breast cancer is the most commonly diagnosed cancer in women across the globe.

Belgium, The Netherlands and Luxembourg had the highest number of breast cancer cases in 2020, while Barbados and Fiji had the greatest number of deaths attributed to the disease. Some of these high case numbers may be attributed to women with family histories of breast cancer — something that increases risk significantly.

BreastCancer.org indicates that women with close relatives who have had breast cancer, such as sisters, mothers or grandmothers, are at considerably higher risk of developing breast cancer themselves. Also, breast cancer may occur at a younger age in women with family histories of the disease.

Understanding breast cancer risk is vital for women's health. The following breakdown, courtesy of the Centers for Disease Control and Prevention, can help women from all backgrounds understand their risk for breast cancer.

Average risk:

No first- or second-degree relatives with breast or ovarian cancer, or one second-degree female relative with breast cancer (in one breast only) diagnosed after age 50.

Moderate risk:

This is a somewhat higher risk that may not turn into breast cancer. It occurs when there is one or two first-degree or two second-degree female relatives with breast



cancer (in one breast only), with both relatives diagnosed after age 50; otherwise, one or two first- or second-degree relatives with high grade prostate cancer.

Strong risk:

Women with strong risks have much higher chances of developing breast cancer than the general population. Conditions like having one or more first- or second-degree relatives with breast cancer diagnosed at age 45 or younger, triple negative breast cancer, primary cancer of both breasts, and both breast and ovarian cancer in the same relative are warning signs of increased risk.

It's important for women with increased risk for breast cancer due to family history to discuss options with their doctors. More frequent mammograms and other screening tests may be recommended, and screening at younger ages than the standard age also may be considered. Women who are at high risk may be urged to undergo genetic counseling and testing for hereditary breast and ovarian cancer markers.

Does breast cancer run in families?

No woman is immune to breast cancer. However, some women with extensive family histories of the disease may wonder if they're more vulnerable to breast cancer than those without such a link. According to the Centers for Disease Control and Prevention, roughly 3 percent of breast cancers result from inherited mutations in the BRCA1 and BRCA2 genes that are passed on in families. Inherited mutations in other genes also can cause breast cancer (as well as ovarian cancer), but BRCA1 and BRCA2 are the most commonly affected genes. And it's not just women who can inherit these mutations. Though men account for only a small percentage of breast cancer patients, they can get the disease, and those who inherit mutations in BRCA1 and BRCA2 are more likely to develop breast cancer than other men. The CDC notes that not everyone who inherits a BRCA1, BRCA2 or other mutation will develop breast cancer, and women with such mutations can take steps to help lower their risk for the disease. Doctors can discuss those steps with women, but they may include genetic counseling and testing. The CDC also notes that, even in instances when counseling and testing is not ultimately recommended by a physician, women should consider talking to their doctors about starting mammography screening in their 40s. That's earlier than some organizations recommend, though physicians may feel it's worth it depending on the individual.

Breast Cancer Awareness



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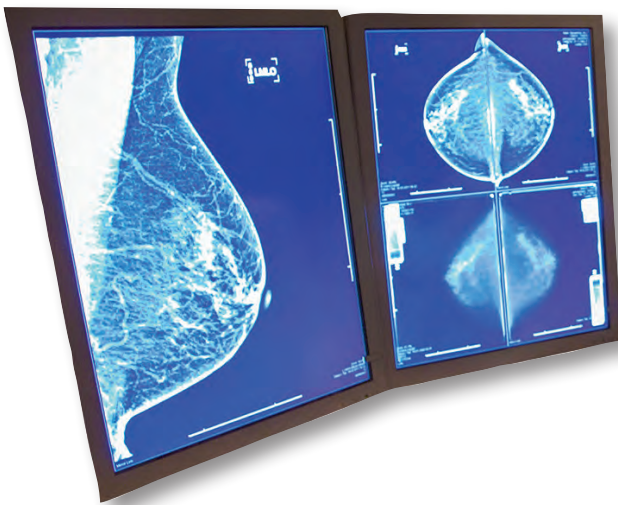
Early detection saves lives!

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Breast Cancer Awareness

Breaking down the stages of breast cancer



Once a person is diagnosed with cancer, his or her physician will try to determine how far the illness has progressed, including whether or not it has spread to other areas of the body. This effort is known as “staging.” Each cancer has its unique staging characteristics, and breast cancer is no different.

The stage of the cancer ultimately refers to how much cancer is present in the body, indicates the American Cancer Society. Doctors treating breast cancer adhere to the TNM staging system, which is overseen by the American Joint Committee on Cancer. This staging uses both clinical and pathological (surgical) systems for breast cancer staging. Pathological staging may be more accurate because it examines tissues taken during surgery or a biopsy.

T categories

T in the staging system refers to the tumor’s size and whether it has spread to the skin or chest wall under the breast. Higher numbers refer to larger tumors and greater spread.

TX: A primary tumor cannot be assessed.

T0: No evidence of primary tumor.

T1: Tumor is 2 centimeters (cm) or less across.

T2: Tumor is more than 2cm but not more than 5 cm across.

T3: Tumor is more than 5 cm across.

T4: Tumor is of any size growing into the chest wall or skin.

N categories

N in the staging system identifies if the cancer has spread to the lymph nodes near the breast, and if so, how many.

NX: Nearby lymph nodes cannot be assessed, which can happen if they were previously removed.

N0: Cancer has not spread to nearby lymph nodes.

N1: Cancer has spread to one to three axillary (underarm) lymph node(s), and/or cancer is found in internal mammary lymph nodes (those near the breast bone) on a sentinel lymph node biopsy.

N2: Cancer has spread to four to nine lymph nodes under the arm. One or more area of cancer spread is larger than 2 millimeters (mm).

N3: Cancer has spread to any of the following: 10 or more axillary lymph nodes with area of cancer spread greater than 2 mm; to lymph nodes under the collarbone, with at least one area of cancer spread greater than 2 mm; cancer found in at least one axillary lymph node (with at least one area of cancer spread greater than 2 mm) and has enlarged the internal mammary lymph nodes; cancer in four or more axillary lymph nodes (with at least one area of cancer spread greater than 2 mm), and to the internal mammary lymph nodes on a sentinel lymph node biopsy; to the lymph nodes above the collarbone on the same side of the cancer with at least one area of cancer spread greater than 2 mm.

M categories

M indicates if the cancer has spread to distant organs.

M0: No distant spread is present on X-rays or other imaging and physical tests.

M1: Cancer has spread to other organs, notably the brain, bones, liver or lungs as determined by a biopsy or testing.

Note that this staging system also uses sub-stages within each category, which further breaks down breast cancer staging into more characteristics and combinations. The ACS says there are so many possibilities that can go into staging that two women at the same breast cancer stage may have different experiences.

Any sign of an abnormality in the breast or body merits a consultation with a doctor, who can determine if breast cancer is present.

Breast Cancer Awareness

How to support loved ones who have breast cancer

Efforts to educate women about breast cancer have helped raise awareness of the disease and just how treatable it is when detected early. Despite that, a diagnosis can still be difficult for women and their families. When someone close to you is affected by breast cancer, priorities suddenly change and you may be wondering what you can do to provide the support needed to help this person navigate any ups and downs that could be on the horizon.

A breast cancer diagnosis does not produce a uniform response. While one loved one may embrace others wanting to help, another may feel she is a burden

and exhibit an unwillingness to accept help. In the latter instance, being a supportive bystander may require walking on eggshells. Even still, there are some universal ways to lend support when a friend or a loved one has been diagnosed with cancer.

- Offer practical support. Cancer affects the body in a number of ways. Energy levels may wane and certain symptoms may arise. Side effects from treatments also can make it difficult to continue with daily tasks. So an offer to help with tasks associated with daily living, such as cooking meals, gardening, washing clothes, or cleaning up around the house, can be practical and much



appreciated. Approach the individual and ask questions in pointed ways. Rather than, “What can I do to help?”, which may result in an answer of, “Nothing,” figure out a way to pitch in and then ask if that would be acceptable. This may be, “Would you like me to run to the supermarket for you

today?”

- Offer emotional support. Someone with breast cancer may just need a person who can be there and listen. A hug, a nod of understanding or even a companion who can chat and take the person’s mind off the cancer can be immensely helpful. Keep in mind

that emotions may change on a dime, and some emotions may be directed at support systems. While it can feel hurtful, remember the real reason for any outburst is the disease. Patience is needed at all times.

- Learn what you can about breast cancer. Research the type of cancer your loved one has, which may make it easier to understand what to expect. If the person is amenable, you may consider accompanying her to appointments to hear firsthand about the next steps in her treatment and recovery.

- Maintain a positive attitude. It’s never easy knowing someone you love is sick. They are going through their own emotional roller

coaster, and support systems can lift their spirits by maintaining positive attitudes. Avoid wearing rose-colored glasses, but try to remain as upbeat as possible.

- Find a support group. Professional support groups are great resources for coping with a cancer journey. Supporting a person with cancer takes its own unique toll, particularly when caring for a spouse, child or mother with breast cancer. Support groups for support networks can be helpful.

Individuals diagnosed with breast cancer may need a little extra love and support. It’s up to caregivers and friends to step up and provide what is needed.

Did you know?

Various organizations urge women to familiarize themselves with their breasts and conduct somewhat routine self-exams so they can uncover any lumps or other issues that may warrant further examination by a physician.

Though self-exams can lead to discovery of breast cancer when the disease is most treatable, the World Health Organization notes that as many as 90 percent of breast masses are not cancerous.

Non-cancerous abnormalities

may be benign masses such as fibroadenoma and cysts or indicative of infection. It’s also important that women recognize that breast cancer is not always accompanied by a lump.

In fact, the Mayo Clinic reports that many women with breast

cancer never experience any signs or symptoms of the disease.

In such instances, the disease is discovered during screening tests, which include mammograms.

EARLY DETECTION AND BETTER TREATMENT OPTIONS ARE IMPROVING THE CHANCES OF SURVIVING BREAST CANCER!



Here are some of the most current statistics about breast cancer in the United States according to Breastcancer.org.

- About 1 in 8 U.S. women (about 13%) will develop invasive breast cancer over the course of her lifetime.
- In 2022, an estimated 287,850 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 51,400 new cases of non-invasive (in situ) breast cancer.
- About 2,710 new cases of invasive breast cancer are expected to be diagnosed in men in 2022. A man's lifetime risk of breast cancer is about 1 in 833.

- As of January 2022, there are more than 3.8 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- Breast cancer is the most commonly diagnosed cancer among American women. In 2022, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers.
- Breast cancer became the most common cancer globally as of 2021, accounting for 12% of all new annual cancer cases worldwide, according to the World Health Organization.



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