

Breast Cancer Awareness Month October 2021

Breast Cancer Awareness: Dogs and Cats Can be Victims Too!



SUBMITTED PHOTO

Jerry Walker, Assistant Manager at RCHS shows off some prize puppies with pink ribbons to call attention to Breast Cancer Awareness.

The Ripley County Humane Society (RCHS) facility and some of its adoptable animals are “dressed in pink” in support of Breast Cancer Awareness Month. Although October was originally designated for enlightening human beings about breast cancer, every pet owner should know that their beloved dogs and cats can be victims, too.

According to experts, the best way to prevent breast cancer for dogs and cats is to ensure that female animals are

spayed before their first heat cycle. The onset of cancer most often is noted in older pets, although it can occur at any age. Breast tumors are more likely to be cancerous in cats (80-90 percent) than in dogs (50 percent).

It is recommended that you periodically check your pet and note any firm nodules around the nipple, ulcerations or swollen inflamed areas, with or without any discharge. The veterinarian will typically perform a biopsy to con-

firm or rule out a malignancy. Blood samples, X-rays, and other diagnostic tests will be required to determine if there has been any spread of the cancer cells to other areas of the body such as lymph nodes or the lungs.

If cancer is detected, treatment options include surgery, radiation and chemotherapy. Remember, breast cancer awareness month should include attention to your pets, too. They depend on our ongoing care and vigilance.

How physical activity can help in the fight against breast cancer

Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease.

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theorize that the positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

The National Cancer Institute reports that being obese

after menopause can significantly increase a woman’s risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women’s risk for breast cancer.

Being sedentary and breast cancer

Exercise is a not a sedentary activity, and that could be another reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 77,462 women, who they followed for an average of 15.8 years. None of the participants had cancer when the study started, but researchers found that women who sat

for six or more hours per day during their free time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day during free time.

Does physical activity really reduce breast cancer risk?

The human body is complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight, including exercise.

Routine physical activity can be a significant weapon in women’s arsenal as they continue their efforts to prevent and overcome breast cancer.



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October is Breast Cancer Awareness Month and serves as the perfect reminder to schedule your annual mammogram. All women should get a baseline mammogram by the age of 40. After age 40, mammograms should be repeated annually. Screening mammograms are typically fully covered by most insurance plans.

At MMH, we offer 3D mammography. This advanced technology is the latest tool in the battle against invasive breast cancer and can increase early detection by as much as 40 percent. It provides better accuracy, requires fewer call-backs for additional exams and reduces false positives, leaving you with greater peace of mind.

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by Theresa Holbert

Ripley County Extension Homemakers President



October - Breast Cancer Awareness Month

Breast Cancer is the most common cancer in women in the U.S. except for skin cancer. One in eight women will develop breast cancer. That is why it is recommended all women receive mammograms yearly starting at age 40. Women who are younger than 40 and have factors for breast cancer should ask their health care provider whether a mammogram is advisable. Even women who have no symptoms and no known risk for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer as soon as possible. Mammograms can detect tumors before they can be felt. Only 5 to 10% of people diagnosed with breast cancer have a family history of the disease. That is why it is so important to have annual mammogram. Margaret Mary Health and King's Daughters' Health offer the most advanced 3D imaging for their patients. This advanced technology is the latest tool in the battle against invasive breast cancer and can increase early detection by as much as 41%, this better accuracy requires fewer call backs. If further testing is ordered following a mammogram, don't be alarmed. And if you have ever had any breast surgery some of it can be surgery related. Only a very small percentage of breast lumps turn out to be cancer. Your radiologist may request an ultrasound or MRI to get a clearer image.

To schedule your mammogram at Margaret Mary Health call 812-933-5602.

To schedule a Mammogram at King's Daughters' Health call 812-801-8080.

To schedule a Mammogram at Decatur County Memorial Hospital call 812-663-4331.

Screening mammograms are typically fully covered by most insurance plans. For anyone uninsured or for those whose plans do not cover the screening, financial assistance may be available. Criteria for financial assistance includes income, age, insurance and residence. If you are not sure if the cost is covered, explain your situation when you are making an appointment and someone can assist you with your questions.

Heart-shaped pillows donated



SUBMITTED PHOTO

Susan Grieshop, a member of the Batesville Quiltmakers is delivering heart-shaped pillows and port bags to MMHealth's Breast Cancer Coordinator Kim Oblinger. Batesville Quiltmakers is an organization that meets monthly and sew various charity projects for local organizations such as The Hansen Center, T3, Safe Passage and now the breast cancer department. For more information about the Quiltmakers, call Amy Buckley at 812-212-1550.

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- Jessica Hunter Board-certified Mammography Technologist (pictured with Cancer Care Nurse Navigator, Kristol Hadler)





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Are there different types of breast cancer?

Millions of women are diagnosed with breast cancer every year. According to the Breast Cancer Research Foundation, more than 2.3 million women across the globe were diagnosed with breast cancer in 2020. The BCRF also notes that breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.

Breast cancer statistics can give the impression that each of the millions of women diagnosed with the disease is fighting the same battle, but breast cancer is something of an umbrella term. In fact, there are various types of breast cancer, including ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer. Learning about each type of breast cancer can help women and their families gain a greater understanding of this disease.

Ductal carcinoma in situ (DCIS)

DCIS is a non-invasive cancer that is diagnosed when abnormal cells have been found in the lining of the breast milk duct. The National Breast Cancer Foundation notes that DCIS is a highly treatable cancer. That's because it hasn't spread beyond the milk duct into any surrounding breast tissue. The American Cancer Society notes that roughly 20 percent of new breast cancer cases are instances of DCIS.

Invasive ductal carcinoma (IDC)

IDC is the most common type of breast cancer. The NBCF reports that between 70 and 80 percent of all breast cancer diagnoses are instances of IDC. An IDC diagnosis means that cancer began growing in the milk ducts but has since spread into other parts of the breast tissue. This is why IDC is characterized as "invasive."

Though IDC can affect people, including men, of any age, the ACS notes that the majority of IDC cases are in women age 55 and older.

Inflammatory breast cancer (IBC)

The NBCF describes IBC as an "aggressive and fast growing breast cancer." Breastcancer.org notes that IBC is rare, as data from the ACS indicates that only about 1 percent of all breast cancers in the United States are inflammatory breast cancers. Many breast cancers begin with the formation of a lump, but Breastcancer.org reports that IBC usually begins with reddening and swelling of the breast, and symptoms can worsen considerably within days or even hours. That underscores the importance of seeking prompt treatment should any symptoms present themselves.

Metastatic breast



Women diagnosed with breast cancer may each face a different battle, as there are many different types of the disease.

cancer

Metastatic breast cancer may be referred to as stage IV breast cancer. When a woman is diagnosed with metastatic breast cancer, that means the cancer has spread, or metastasized, into other parts of the body. The NBCF indicates that meta-

static breast cancer usually spreads to the lungs, liver, bones, or brain. Symptoms of metastatic breast cancer vary depending on where the cancer has spread. For example, if the cancer has spread to the lungs, women may experience a chronic cough or be unable to get a

full breath.

These are not the only types of breast cancer. A more extensive breakdown of the various types of breast cancer can be found at <https://www.breastcancer.org/symptoms/types>.



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