BREAST CANCER AWARENESS month-

Potential warning signs for breast cancer

Breast cancer is the most commonly occurring cancer in women across the globe. According to World Cancer the 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 providing decades, 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

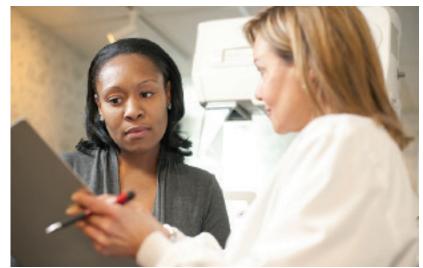
The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms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

ognize 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 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 ٠ lymph mimics the look of an nodes: Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

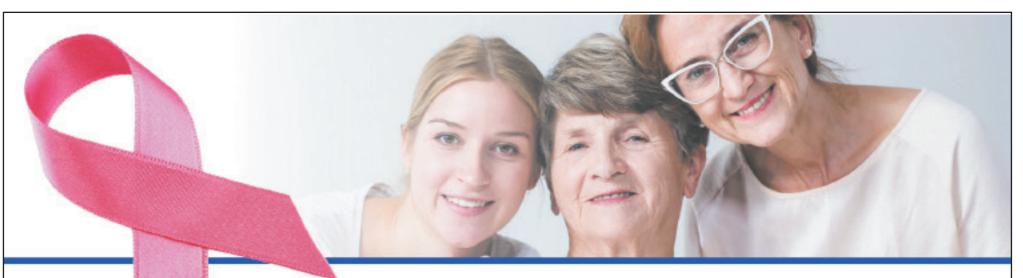
> The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes that various symptoms of breast cancer

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. TF22A360









Together, we are stronger.

The Norton Cancer Institute at Norton King's Daughters' Health encourages all women to talk with their personal health provider about a breast cancer screening schedule that's right for them. You also have the option to speak with our Breast Care Navigator by calling (812) 801-8080. October is the perfect time to schedule your first or next mammogram: kdhmadison.org/breastcare

Genius 3D Mammography with Clarity HD: (812) 801-0440



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What distinguishes the different types of breast cancer?

Individuals experience a whirlwind of emotion upon being diagnosed with cancer. No one ever expects to receive such a diagnosis, so the moment a physician delivers such news can be emotional and compromise a person's ability to focus. Once those emotions settle down and individuals resolve to overcome the disease, they typically have a lot of questions.

One of the questions doctors will attempt to answer is which subtype of cancer a person has. For example, when doctors initially deliver a breast cancer diagnosis, they may explain that further testing will be necessary to determine precisely which type of breast cancer an individual has. Identifying the subtype of breast cancer helps doctors choose the most ef-

can fective course of treatnirl- ment, but it's underpon standable if patients with and their families beever come confused during the process. The following rundown can help breast cancer patients understand this ion- crucial next step after se a diagnosis.

How is breast cancer type determined?

The American Cancer Society notes that breast cancer type is determined by the specific cells in the breast that become cancer. The Mayo Clinic reports that a medical team will use a tissue sample from a patient's breast biopsy or, for patients who have already undergone surgery, the tumor to identify the cancer type.

What are the types of breast cancer I might be diagnosed with?

There are many types of breast cancer, but some are more common than others. Invasive and non-invasive (also referred to as "carcinoma in situ") are the two main subtypes of breast cancer.

According to the University of Pittsburgh Medical Center, the most common types of invasive breast cancer are invasive ductal carcinoma, which affects the inner lining of the milk ducts, and invasive lobular carcinoma, which originates from the glands that produce milk.

The UPMC reports that the most common in situ types are ductal carcinoma in situ, which is cancer that remains within the milk ducts, and lobular carcinoma in situ, which does not often develop into breast cancer though it is considered a risk factor for an invasive form of the disease.

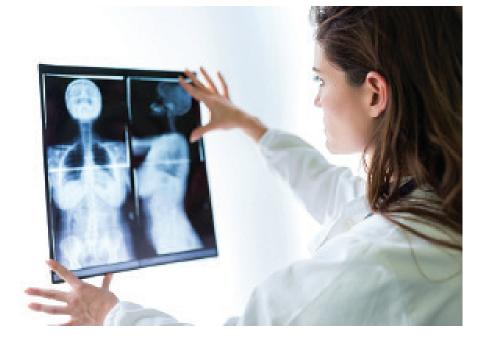
The ACS notes

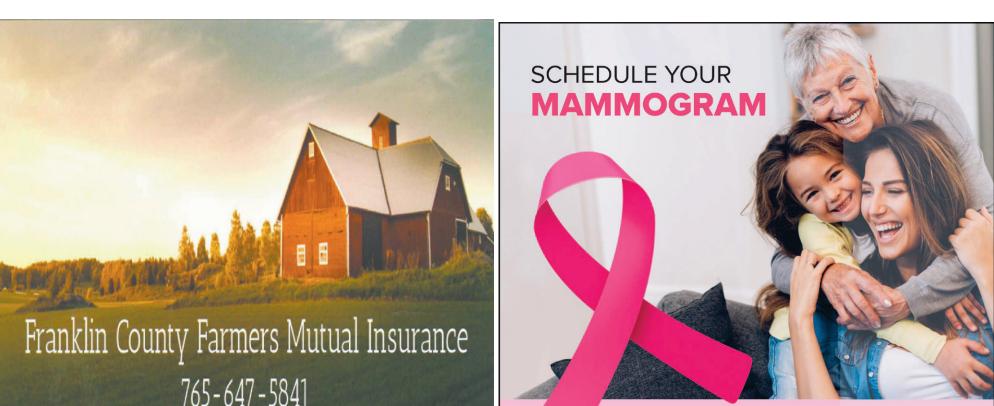
that triple-negative breast cancer is an aggressive form of breast cancer that accounts for roughly 15 percent of all breast cancers. Triple-negative breast cancer can

be difficult to treat. Less common types of breast cancer, each of which account for between 1 and 3 percent of diagnoses in a given year, include Paget disease of the breast, angiosarcoma and phyllodes tumor.

A breast cancer diagnosis marks the beginning of a sometimes lengthy but often successful journey that has ended in full recovery for millions of women across the globe. More information about the various types of breast cancer can be found at cancer.org. TF23A359







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FOR YOUR FAMILY. FOR YOURSELF.

Early Detection Saves Lives.

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.

To schedule an appointment, visit mmhealth.org/mammo or call:

812.933.5602



Breast Cancer Prevention & Awareness





5 fruits and vegetables associated with reducing cancer risk

The of cancer is widely known. Affecting people of every ethnicity and across the socioeconomic spectrum, cancer poses a threat to people in all corners of the globe. And that threat could be more significant in the immediate future. Estimates from the International Agency for Research on Cancer indicate that the global population boom and the growth of the world's aging population could result in more than 16 million cancer deaths each year by 2040.

The statistics surrounding global incidence rates for cancer are startling, which can give the impression that cancer is an inevitability for hundreds of millions of people across the globe. However, there's much individuals can do to reduce

prevalence their cancer risk.

According to the MD Anderson Cancer Center, a healthy diet can help reduce cancer risk. A diet that focuses on plants and emphasizes healthy choices may not eliminate the threat of cancer, but it can be an integral component of a preventive health care regimen. With that in mind, the following are five fruits and vegetables associated with reducing cancer risk, courtesy of the MDACC.

1. Berries: Berries contain antioxidants, which protect the body from cell damage that can contribute to various cancers, including skin cancer, lung cancer and breast cancer, among others. Blueberries, raspberries and strawberries make wonderful additions to anyone's diet.

there's much individu- 2. Cruciferous vegals can do to reduce etables: Cruciferous vegetables include broccoli, bok choy, cabbage, and brussel sprouts, among others. The MDACC notes that studies have indicated that special plant compounds in cruciferous vegetables may protect the body from stomach cancer and cancers of the mouth, pharynx, larynx, and esophagus.

3. Garlic: The experts at Mount Sinai note that garlic is often linked with reduced risk for heart disease, notably the prevention of atherosclerosis, which affects the arteries through the deposition of plaques of fatty acids along the arterial walls. However, antioxidant-rich garlic also helps the body fight off harmful free radicals that can contribute to cancer.

4. Spinach: The Centers or Disease Control and Prevention notes that colorectal cancer is one of the leading causes of cancer deaths in the United States. Studies have found that spinach inhibits the growth of colon polyps that can develop into colorectal cancer.

5. Tomatoes: Lycopene is an antioxidant that gives tomatoes their bright red color. According to the National Cancer Institute, though human studies have produced inconsistent results,

various in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver.

Eating these five fruits and vegetables is not the only way to use diet in the fight against cancer. Individuals are urged to speak with their physicians to learn about the many ways to utilize food in cancer prevention. AC236002





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Breast Cancer Prevention & Awareness

Batesville Quiltmakers show off their work to promote PINK!

Recently Batesville Quiltmakers group of the community made quilts to help bring awareness to October being Breast Cancer Awareness month. They had a challenge to work with quilt panels as well as all things pink. All the quilts will be donated to women dealing with this personal challenge. They mostly work with the Hansen Center in Batesville but also cover surrounding areas. These quilts are on display at the Batesville Memorial Public Library until October 23. Visitors can submit names that the quilts can be donated to also. We're all in this together from Batesville Quiltmakers.







Grandmother Remembered

"My grandmother, Karen Pierce, fought breast cancer several years ago and won! She was very proud to be a survivor! She unfortunately passed last November due to lung cancer, but I would love to have her name to be remembered." - Shelby M. Wood





"One in eight women will develop breast cancer in their lifetime. With 3D digital mammography, we can detect 40% more breast cancers than 2D. No referral is necessary. Call to schedule your mammogram with our team today."

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Breast cancer is the second leading cause of cancer death in American women. It's also one of the most treatable cancers when caught early. Annual mammograms are the only screening method proven to reduce cancer deaths.

Decatur County Memorial Hospital offers state-of-the-art 3D mammography – technology that looks inside the breast layer by layer to show fine details.



To schedule your 3D Mammogram, call (812) 663-1157