

October 2021

## Paragon Orthopedic Center Grants Pass, Oregon

### NATIONAL BREAST CANCER AWARENESS MONTH

After skin cancer, breast cancer is the most common cancer in women. Right now, a woman born in the United States has a 12.9% chance of developing breast cancer at some point in her life, making that about 1 in every 8 women. Thanks to intense research, awareness, and preventative measures, the death rate of breast cancer is lower than others: only 3% will die. October is National Breast Cancer Awareness Month and this is a month to consider what you can do, either for yourself or for someone you know. Early detection is the key and the only way to discover it early is by taking some action.

#### RISK FACTORS:

Modifiable, meaning you can do something about them:

- Physical activity
- Radiation exposure
- Obesity
- Alcohol intake
- Pregnancy and lactation
- Hormone intake



Non-modifiable, or factors you cannot change:

- Past history of breast cancer, family history, age, gender, genetic factors, & menstrual history

#### Q & A

- Does smoking increase my risk of having it?  
Yes. It is a confirmed risk factor, and second-hand smoke is as well.
- Can a healthy diet decrease my risk?  
Yes. A nutritious diet high in fruits and vegetables, yet low in fat can help reduce the risk of developing breast cancer. A high-fat diet increases your chances because fat triggers estrogen production that can fuel tumor growth.
- Does a family history of breast cancer put me at higher risk?  
Not necessarily. Most women who have breast cancer have no family history of it. Statistically, only 5-10% of those diagnosed have a family history of the disease. All women should be vigilant in self-examination every month.
- Can physical activity reduce my risk of getting breast cancer?  
Exercise gives a boost to your immune system, so getting in at least 30 minutes a day of activity can begin to reduce your risk. Plus, it is a good idea to keep your weight in check for optimal health. Go for a brisk walk during these cool autumn mornings!

#### WHAT'S THE CAUSE?

Why one woman and not another? Nobody knows for sure what causes breast cancer. What scientists do know is that it caused by damage to a cell's DNA. Here are things that DO NOT CAUSE BREAST CANCER: deodorant, cell phones, contact with someone who has cancer, caffeine, or microwaves.

Early detection is a must! Please refer to this excellent website from **The National Breast Cancer Foundation** to learn more about early detection, self-examination, and healthy habits:

<http://www.nationalbreastcancer.org/early-detection-of-breast-cancer>

You can also take the Breast Cancer Risk Assessment Tool, which takes into account known risk factors:  
<https://bcrisktool.cancer.gov/>

The following articles were referenced for this newsletter:

[Breast Cancer Risk in American Women - National Cancer Institute](#)

[Discussing the modifiable and non-modifiable risk factors of breast cancer \(wixsite.com\)](#)

[Breast cancer - Symptoms and causes - Mayo Clinic](#)