

October is Breast Cancer Awareness Month

Awareness Month

Here to support you during these hard times

Know thy body

October is Breast Cancer Awareness Month, a time when major breast cancer charities mount campaigns to promote prevention, screening, and early detection. In 2011, an estimated 23,400 women will be diagnosed with breast cancer; about a fifth of them will die from it. After skin cancer, it is the most common kind to afflict women in Canada.

Becoming "breast aware" is the first step toward each of these goals. The Canadian Breast Cancer Foundation recommends that women of all ages become familiar with the feeling and contours of their breasts at different points throughout their menstrual cycle. This provides a baseline of information, so that any disease-driven changes will stand out. It is recommended that women aged 50-69 have regular mammograms, a free breast cancer screening procedure for women in that age range in Canada.

Prevention is part of being breast aware as well. The Breast Cancer Fund's State of The Evidence 2010 reports the results of scientific studies which have shown a connection between environmental factors — such as the use of hormones and endocrine-disrupting compounds in some consumer products and pharmaceuticals — and breast cancer. Exercising regularly and eating a diet rich in whole-grain foods, fruits, and vegetables are also central to keeping the body healthy and strong on the long term.

Being breast aware means knowing what your breasts normally feel like and knowing how to recognize any changes.

Consult with a family doctor if you notice any of the following changes to your breasts:

- redness
- discharge from the nipple
- a thickening or lumps in the tissue
- skin rashes, irritations, or scaly skin
- puckered skin
- swelling or persistent pain under the armpits or near the collarbone
- changes in the size or shape of a breast or nipple





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CONTACT EITHER OF OUR 2 LOCATIONS FOR YOUR SYMBOL OF SUPPORT

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Tel.: 905 821-1092
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