



Get your PINK ON!

October is
BREAST CANCER
Awareness Month



5 complementary approaches to promote healing and improve quality of life



Integrative medicine pairs conventional cancer treatments like chemotherapy and radiation with holistic ones like acupuncture and hypnosis to care for a patient's mind, body and spirit. Developed in the U.S. in the 1990s, it aims to speed up recovery. Here are five clinically proven complementary approaches and their benefits:

- 1. Acupuncture** limits chemotherapy-related nausea and vomiting plus reduces pain.
- 2. Massage therapy** helps reduce fatigue, anxiety, nausea and pain.

3. Physical activity improves strength and endurance, helps manage stress and reduces pain and fatigue.

4. Nutritional counselling helps manage weight changes, controls nausea and improves overall health.

5. Hypnosis reduces pain, fatigue and nausea after surgery.

In short, integrative medicine helps cancer patients better manage their symptoms and the unpleasant side effects of treatment. For more information, visit cancer.ca. (NT)



BREAST CANCER MYTHS

October is Breast Cancer Awareness Month in Canada. Although more people are surviving a breast cancer diagnosis than ever before, it's still the most common cancer and the second leading cause of cancer death among Canadian women. Therefore, it's important to know the facts. Here are five breast cancer myths.



1. Only people with a family history of breast cancer are at risk. Only about five to 10 per cent of breast cancers are considered hereditary.

2. Breast cancer only affects women. Although rare, men can get breast cancer too. In 2022, researchers estimate that 270 Canadian men will be diagnosed with breast cancer and that 55 will die from the disease.

3. Antiperspirants and deodorants cause breast cancer. There's no conclusive evidence linking the use of antiperspirants or deodorants and the development of breast cancer.

4. Breast cancer always causes a lump you can feel. Although regular breast self-exams can help detect lumps, breast cancer doesn't always manifest itself this way. Other symptoms include pain, swelling, redness and thickening of the skin.

5. All breast cancers are treated the same way. Breast cancer treatment plans vary widely depending on the characteristics of the tumour, the stage of cancer and the patient's preferences.

This Breast Cancer Awareness Month, donate to help create a world where no Canadian fears breast cancer. (NT)

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