

HealthNews

Breast Cancer Awareness



October is National Breast Cancer Awareness Month.

Breast cancer is a malignant tumor, a group of cancer cells, which start in the cells of the breast. The tumor can then grow into surrounding tissues or metastasize (spread) to distant areas of the body. Although breast cancer mostly affects women, men can also get breast cancer.

According to the US Department of Health and Human Services, about 1 in 8 women in the United States will get breast cancer. In 2018, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 63,960 new cases of non-invasive (in situ) breast cancer.

Breast cancer is extremely complex and unpredictable. The exact causes are not known therefore it is a difficult disease to prevent. Read more about [breast cancer](#) on your Personal Health Dashboard.



HIGHLIGHTS

Symptoms



RECIPES

Brussels Sprouts and
Sausage Parsnip
Spiralized Pasta



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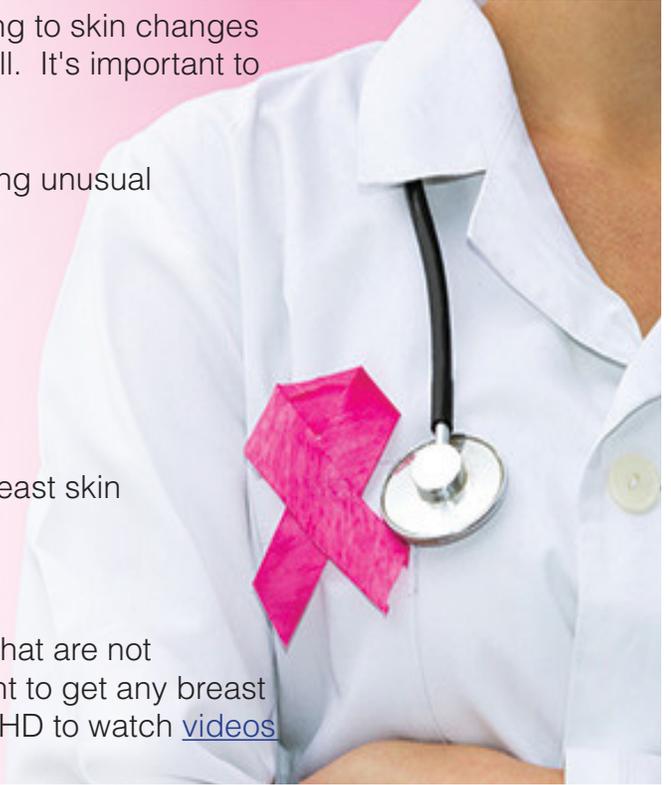
Symptoms

Breast cancer symptoms vary widely — from lumps to swelling to skin changes — and many breast cancers have no obvious symptoms at all. It's important to have anything unusual checked by your doctor.

According to the American Cancer Society, any of the following unusual changes in the breast can be a symptom of breast cancer:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge other than breast milk
- A lump in the underarm area

These changes also can be signs of less serious conditions that are not cancerous, such as an infection or a cyst. Again, it's important to get any breast changes checked out promptly by a doctor. Log onto your PHD to watch [videos on Breast Cancer](#).



Brussels Sprouts and Sausage Parsnip Spiralized Pasta



Ingredients

- 2 links spicy Chicken Italian Sausage, casings removed
- 5 oz brussels sprouts, shredded
- 2 tsp olive oil
- 6 1/2 oz (1 large) parsnip, peeled, spiralized, trimmed 6-inches long
- 1/4 cup chopped shallots
- 2 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp kosher salt
- black pepper, to taste
- 1/2 cup low sodium chicken broth
- 1/4 cup grated Parmesan cheese (omit for whole30)

Preparation

1. Place a large nonstick skillet over medium heat. When hot, add the sausage and cook, breaking up with a wooden spoon 6 to 8 minutes, until browned. Transfer to a plate.
2. Add the oil to the skillet, brussels sprouts, shallots and garlic and cook on medium-high until golden on the edges, 4-5 minutes. Set aside with the sausage.
3. Add the parsnip noodles to the skillet over medium heat with the broth and red pepper flakes and cook until the noodles are al dente, about 5 minutes.
4. Return the sausage and brussels to the skillet, add the cheese and stir to combine.

Level: Easy

Yields: 2 servings

Source: Recipe by
Skinny Taste

[Recipe Link](#)



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By sharing your story, you enter to win a free Fitbit Flex 2.

Limit: 1 prize awarded per person.

The 3rd quarter winner will be chosen next month for any qualifying success story entered. Don't wait! Enter yours now!



Who Should Get Screened?

The American Cancer Society recommends these cancer screening guidelines for most adults.

Mammograms

A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

- Women Ages 40-44: should have the choice to start annual breast cancer screening with mammograms
- Women Age 45-54: Every year
- Women Ages 55+: Every 2 years, or continue yearly screening

Clinical Breast Exam

A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.

- Women Ages 25-39: Every 1-3 years
- Women Ages 40+: Every year

Breast Magnetic Resonance Imaging (MRI)

A breast MRI uses magnets and radio waves to take pictures of the breast. MRI is used along with mammograms to screen women who are at high risk for getting breast cancer.

Reducing Your Risk

Watch your weight. Individuals who are overweight or obese are at a greater risk for developing breast cancer. This is particularly true for women who have gone through menopause.

Be physically active. Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer. According to the American Cancer Society, a very active woman can lower their risk by up to 25% over women who are not active.

Limit alcohol. It is not clear how or why alcohol plays a role in increasing risk, however studies show that women who drink 2-5 alcoholic drinks a day are at greater risk.

Don't smoke. Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.

Limit dose and duration of hormone therapy. Combination hormone therapy for more than three to five years increases the risk of breast cancer.

Breast-feed. Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

Learn more about how to reduce your risk and how to do a [Breast Self-Exam](#), by logging on to your PHD.