



# Health Beat



Health news and facts compiled by the Meriden Public Library

October 2017

## Making Strides Against Breast Cancer Walks

### ◆ Lighthouse Point Park

2 Lighthouse Road  
New Haven

Sunday, Oct. 15

Registration:

9 a.m.-1 p.m.

Opening ceremony:  
noon

Walk 1 p.m.

### ◆ Bushnell Park Hartford

Sunday, Oct. 29

Registration:

8:30 a.m.-1 p.m.

Opening ceremony:  
9:30 a.m.

Walk 10 a.m.

To learn more about Making Strides of Greater New Haven or Hartford or for other information, call toll free at 1-800-227-2345. We're available 24 hours a day, 7 days a week.

— American Cancer Society

## What's True, What's False About Breast Cancer

**B**reast Cancer  
**Myth**  
Finding a lump in your breast means you have breast cancer.

### Truth

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it is very important that you see a doctor.

### Myth

If you have a family history of breast cancer, you are likely to develop breast cancer.

### Truth

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. About 10% of those diagnosed with breast cancer have a family history of it.

- If you have a mother, daughter, or sister who developed breast cancer before age 50, you should consider some form of breast imaging starting 10 years before the

age of your relative's diagnosis.

- If you have had a grandmother or aunt diagnosed with breast cancer, your risk increases slightly.

- If you have multiple generations diagnosed with breast cancer on the same side of the family, the probability increases that there is a breast cancer

gene contributing to this.



### Myth

Antiperspirants and deodorants cause breast cancer.

### Truth

Researchers at the National Cancer Institute are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

### Myth

Breast cancer is contagious.

### Truth

You cannot catch breast cancer or transfer it to someone else.

—National Breast Cancer Foundation

## Breast Cancer Affects Many Women

**B**reast cancer affects one in eight women during their lives.

No one knows why some women get breast cancer, but there are many risk factors. Risks that you cannot change include:

- Age — the risk rises as you get older
- Genes — two genes, BRCA1 and BRCA2, greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested for the genes
- Personal — beginning periods before age 12 or going through menopause after age 55.

Other risks include:

- Obesity
- Using hormone replacement therapy (also called menopausal hormone therapy)
- Taking birth control pills
- Drinking alcohol
- Not having children or having your first child after age 35
- And having dense breasts.

Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast, and discharge from a nipple.

Breast self-exams and mammograms can help find breast cancer early, when it is most

treatable.

One possible treatment is surgery. It could be a lumpectomy or a mastectomy.

Breast-conserving surgery is an operation to remove the cancer and some normal tissue around it, but not the breast itself. This type of surgery may also be called lumpectomy, partial mastectomy, segmental mastectomy, quadrantectomy or breast-sparing surgery.

Surgery to remove the whole breast that has cancer is called a simple mastectomy.

A modified radical mastectomy is when the whole cancerous breast, many of the lymph nodes under the arm, the lining over the chest muscles, and sometimes, part of the chest wall muscles are removed.

Chemotherapy may be given before or after surgery.

Radiation therapy is a cancer treatment that uses high-energy x-rays or other types of radiation to kill cancer cells or keep them from growing.

Targeted therapy uses substances that attack cancer cells without harming normal cells.

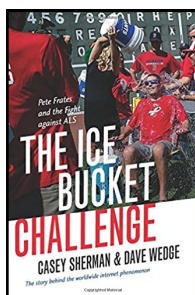
Hormone therapy is a cancer treatment that removes hormones or blocks their action and stops cancer cells from growing.

—Medlineplus.gov

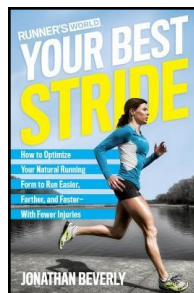
## New Books at the Meriden Library



These health-related books can be found in the “New Books” area:



*The Ice Bucket Challenge: Pete Frates and the Fight Against ALS*  
by Casey Sherman and Dave Wedge, BIO Frates



*Your Best Stride: How To Optimize Your Natural Running Form To Run Easier, Farther, and Faster--With Fewer Injuries*  
by Jonathan Beverly, 796.42 BE