

## WHO IS AT RISK FOR BREAST CANCER?? From the CDC

### Risk Factors You Cannot Change

- **Getting older.** The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.
- **Genetic mutations.** Inherited changes to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer.
- **Reproductive history.** Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.
- **Having dense breasts.** Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram.
- **Personal history of breast cancer or certain non-cancerous breast diseases.** Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma *in situ* are associated with a higher risk of getting breast cancer.
- **Family history of breast or ovarian cancer.** A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.
- **Previous treatment using radiation therapy.** Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.
- **Women who took the drug diethylstilbestrol (DES),** which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

### Risk Factors You Can Change

- **Not being physically active.** Women who are not physically active have a higher risk of getting breast cancer.
- **Being overweight or obese after menopause.** Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.
- **Taking hormones.** Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives (birth control pills) also have been found to raise breast cancer risk.
- **Reproductive history.** Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.
- **Drinking alcohol.** Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

### Breast Cancer Screening

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them. When you are told about the benefits and risks of screening and decide with your health care provider whether screening is right for you—and if so, when to have it—this is called *informed and shared decision-making*.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

Tadiso will work to increase awareness of the disease during the month of October. Watch for more details.



# TADISO TIMES

ISSUE 228

October 2021

## IMPORTANT NEWS.....

**Signatures are back!!**

**Effective October 1, 2021, you will be required to sign for services as you did before the COVID-19 pandemic.**

X *John Hancock*

## PLEASE STOP LITTERING

**We have been getting complaints from our neighbors about Styrofoam cups littering the properties near the clinic. Please be responsible and use the trash cans at our gate or at the bus stop. We are happy to provide free coffee for all patients but will be forced to discontinue the service if our neighbors keep complaining about the litter.**



## DO YOU PREFER TELEHEALTH OR DO YOU WANT IN HOUSE COUNSELING?

**Tadiso will be able to continue telehealth counseling for those who prefer this method. However, state authorities mandate that TELEHEALTH must be through VIDEO. Phone counseling without video is no longer permitted. Please prepare early in October to prevent not getting the services completed on time.**

**If you prefer face to face, in-person counseling, your counselor will meet with you on their scheduled day at Tadiso.**



Dr West.....