

October Topic: Breast Cancer

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October is Breast Cancer Awareness Month!

HEALTHCARE CLINIC HOURS

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

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PHARMACY HOURS

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

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What is Breast Cancer?^{1,2}

Breast cancer is a disease that causes cells in the breast to change and grow out of control.

Most breast cancers begin in the parts of the breast tissue that are made up of glands for milk production, called lobules, and ducts that connect the lobules to the nipple.

Types of breast cancer:

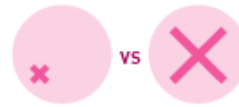
- In situ- noninvasive, less aggressive
- Invasive- breast cancer that has grown into surrounding tissues

EARLY DETECTION OF BREAST CANCER CAN LEAD TO:

A GREATER RANGE OF TREATMENT OPTIONS



LESS EXTENSIVE SURGERY



BETTER TREATMENT OUTCOMES



Breast Cancer Facts^{3,4}

- Other than skin cancer, breast cancer is the most common cancer among women in the US
- Breast cancer affects over 280,000 Americans annually
- It can occur in both women and men, but is ~100 times more common in women
- Over 3.1 million breast cancer survivors in the US
- About 1 in 36 women die from breast cancer

Breast Cancer Estimates	Women	Men
Lifetime risk	1 in 8 (12%)	1 in 1000 (0.1%)
New cases in 2016	307,660	3,040
Deaths in 2016	40,450	440



Can breast cancer be prevented?^{5,6}

No. But you can do things to lower your risk by changing risk factors that you can control.

Health habits where you can take action include

- Normal body weight
- Exercise
- Diet

How is breast cancer treated?^{7,8}

Local treatments

- Surgery
- Radiation

Systemic treatments

- Chemotherapy
- Hormone therapy
- Targeted therapy

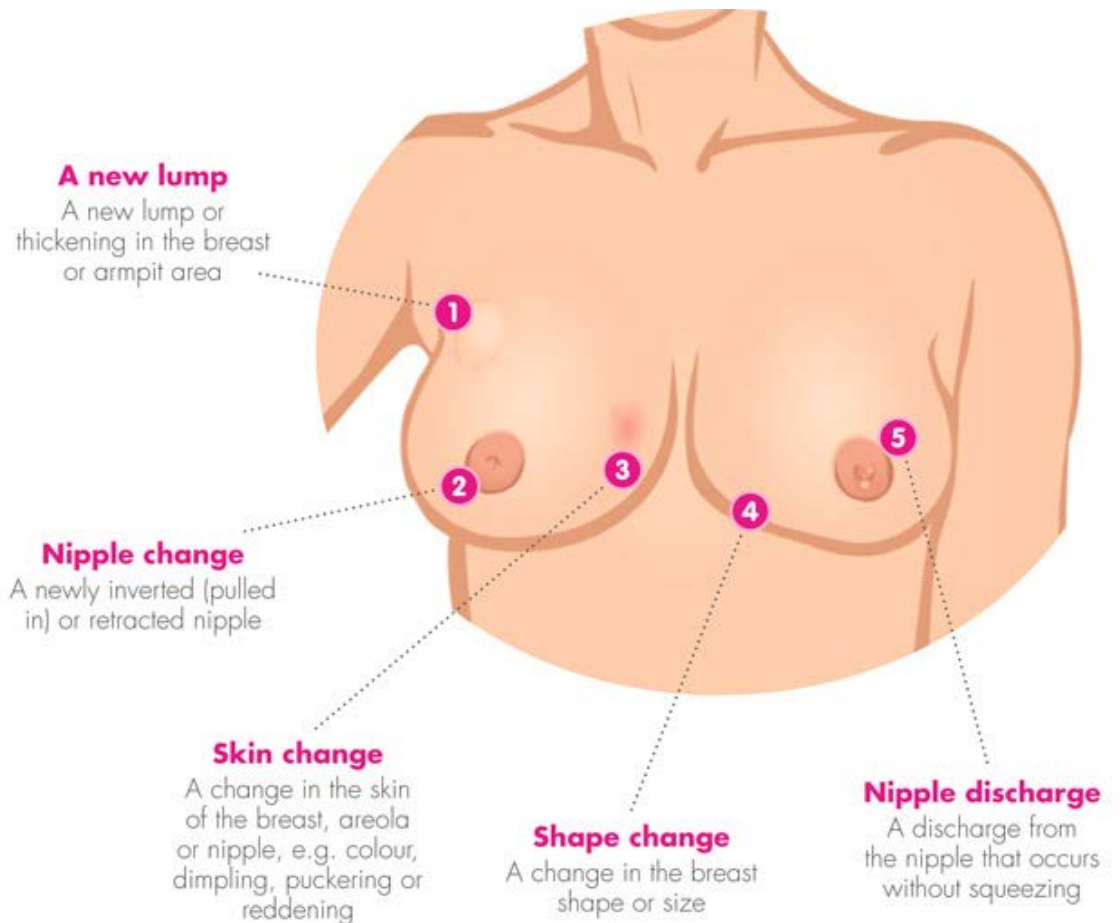


Breast Cancer Risk Factors⁹

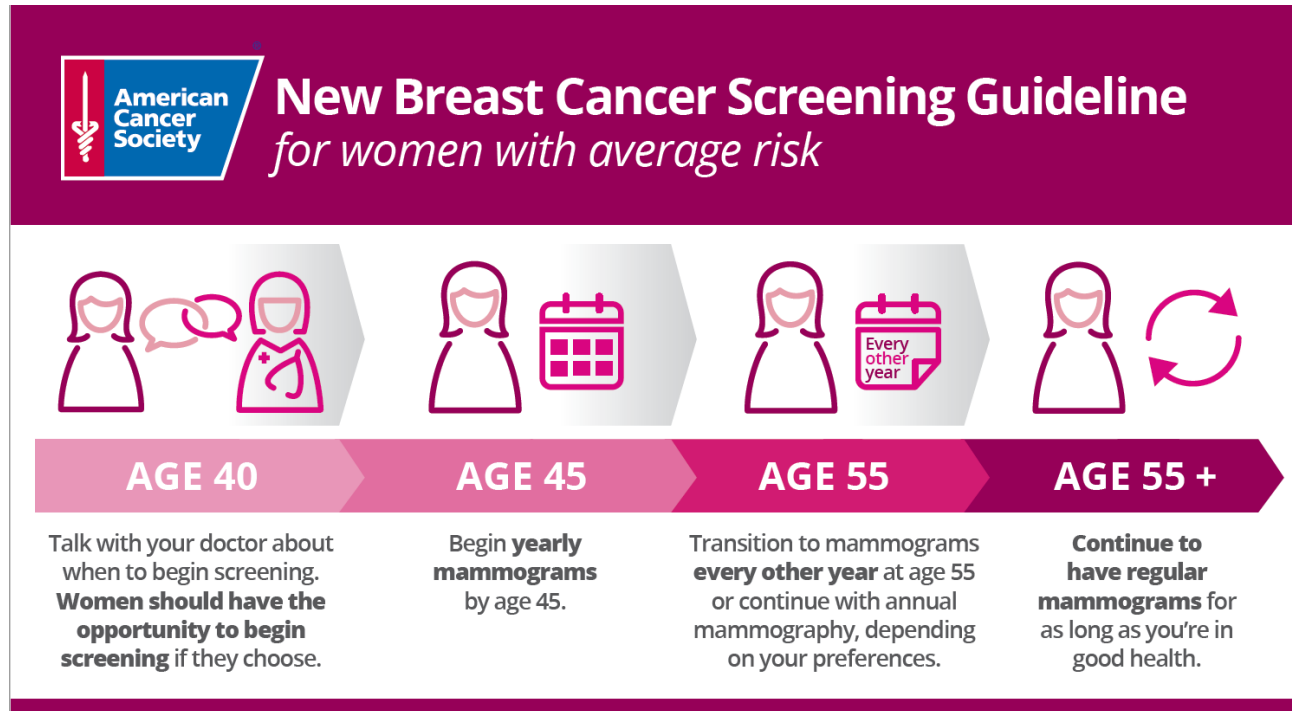
Risk factors you <u>can't</u> change	Risk factors you <u>can</u> change
<ul style="list-style-type: none"> • Female • Aging • Inherited genes • Family history of breast cancer • Personal history of breast cancer, dense breasts, or other breast problems • Race & ethnicity • Starting menstruation before age 12 • Starting menopause after age 55 	<ul style="list-style-type: none"> • Drinking alcohol • Being overweight or obese • Lack of physical activity • Women who have not had children or who had their 1st child after age 30 • Oral contraceptives • Hormone therapy after menopause • Lack of breastfeeding • Receiving chest radiation

Symptoms^{10, 11}

- **Most common symptom:** new lump or mass



American Cancer Society Screening Recommendations^{12, 13}



- **Women at high risk for breast cancer** (family or personal history of breast cancer, a genetic mutation known to increase risk of breast cancer, chest radiation before the age of 30, or other reasons) – require screening earlier and/or more often. Talk to your medical provider to be sure.
- **Clinical breast exam and breast self-exam** – **not** recommended due to the lack of clear evidence; however, women should contact their medical provider immediately if they notice any changes in the appearance or feel of their breasts.

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13. Image from <http://healthmindbodies.com/wp-content/uploads/2015/05/5-Ways-to-Check-If-You-May-Have-Breast-Cancer-nipple-changes.jpg>



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State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management