



Breast Cancer Awareness

How much do you know about breast cancer? There are many facts but also many myths. Maybe you have heard some of them - here is some more information about breast cancer. Read about it and then share the news.

Myth: Antiperspirants cause breast cancer.

Truth: The research has been conducted and the findings are in: Antiperspirants do not cause breast cancer.

Myth: Women are the only ones who can get breast cancer.

Truth: 1% of breast cancer cases worldwide are male.

Myth: A woman can always find a lump during a self exam.

Truth: Only if the lump is larger than 1.4". That's about the size of the tip of your elbow. Larger breasts can make it more difficult to detect a lump. A mammogram can find a lump that is much smaller.

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Myth: All breast tissue should be smooth to the touch.

Truth: Most breasts are actually quite lumpy. Fibrocystic breast disease is common in women, which makes the breasts feel a bit like cottage cheese underneath. However, if you find a lump that is hard and immovable, ask your doctor to take a look.

Myth: Mammograms can cause breast cancer.

Truth: Getting a mammogram won't cause breast cancer. In fact, it's currently the best way to detect breast cancer, being 90% accurate. You can also ask your doctor for an ultrasound or MRI.

Myth: Small breasts are more likely to develop breast cancer.

Truth: No - Small breasts do not have a lower or higher chance of getting breast cancer. However, a high breast density can.

Myth: If your mother or sister has had breast cancer, you will too.

Truth: 80% of women diagnosed with breast cancer have no family history of breast cancer.

Now that some myths have been proven wrong, here are some absolute truths about breast cancer.

Truth: The average lifetime risk of developing breast cancer for most women is 1 in 8. The older you get, the risk increases.

Truth: Starting at age 20, you should do a self-exam of your breasts. Don't forget to check the tissue under your armpits, it has lymph nodes that can be cancerous as well. Do your self-exams a few days after your period. If you no longer have periods, pick any day you like to do your self-exam.

Truth: Begin scheduling mammograms when you turn 40 or 50. Ask your doctor to help you decide exactly when to start.

Truth: During your yearly check-up, make sure your doctor does a clinical breast exam. She/he knows what to look/feel for. Also, take the time to talk about your family history and risks. Ask questions and create a screening plan. (When, where, how often.)

Truth: Breastfeeding has been found to help prevent breast cancer. And it's better for your baby too. While it would be great to breast-feed for the first year, any amount of time is good.

Truth: Know what is normal for you. The size, shape and feel of your breasts. Look in the mirror with your arms up and then with your hands on your hips. Turn and look at each breast from the side also. This way, you'll know when something is NOT normal.

Is there a health topic you want to know more about? Contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@flhealth.gov





Truth: If you find a lump or change in your breasts, DON'T WAIT. See your doctor. When found in the earliest stages, breast cancer is 98% curable.

Truth: Don't get scared, get screened. The best breast cancer cure is breast cancer prevention. And - talk about it with those you know and love.



Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **October 15-November 12 from 6:30-8:30 p.m.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



Stop Smoking Classes... Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

Basic First Aid... Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



The next Hands-only CPR class is on Thursday, October 17 from 7-9 p.m., 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person, **the fee must be paid in advance and there is no refund.**



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.

