

FIGHT CANCER

BREAST CANCER AWARENESS

OCTOBER BREAST CANCER AWARENESS MONTH

BREAST
Cancer
AWARENESS MONTH

**CLAY
TODAY**



BREAST CANCER FAQ

In 2020, about 2.3 million women were diagnosed with breast cancer worldwide and 685,000 died. Every 14 seconds, somewhere in the world, a woman is diagnosed with breast cancer.

The World Health Organization reports that roughly 2.3 million women were diagnosed with breast cancer in 2020. By the end of that year, there were nearly eight million women alive who had been diagnosed with the disease in the previous half decade.

A breast cancer diagnosis inevitably leads to questions about the disease. The bulk of those questions undoubtedly are asked by the millions of women who are diagnosed with breast cancer. But millions more individuals, including friends and family members of recently diagnosed women, may have their own questions. Women can discuss the specifics of their diagnosis with their physicians. In the

meantime, the following are some frequently asked questions and answers that can help anyone better understand this potentially deadly disease.

What is breast cancer?

Cancer is a disease marked by the abnormal growth of cells that invade healthy cells in the body. Breast cancer is a form of the disease that begins in the cells of the breast. The National Breast Cancer Foundation notes that the cancer can then invade surrounding tissues or spread to other areas of the body.



Can exercise help to reduce my breast cancer risk?

The NBCF notes that exercise strengthens the immune system and women who commit to as little as three hours of physical activity per week can begin to reduce their risk for breast cancer. However, even routine exercise does not completely eliminate a woman's risk of developing breast cancer.

Is there a link between diet and breast cancer?

The organization Susan G. Komen, (a nonprofit source of funding for the fight against breast cancer, reports that studies have shown eating fruits and vegetables may be linked to a lower risk for breast cancer, while consuming alcohol is linked to an increased risk for the disease. In addition, the NBCF reports that a high-fat diet increases breast cancer risk because fat triggers estrogen production that can fuel tumor growth.

Is there a link between oral contraceptives and breast cancer?

The NBCF reports that women who have been using birth control pills for more than five years are at an increased risk of developing breast cancer. However, the organization notes that risk is very small because modern birth control pills contain low amounts of hormones.

Can breastfeeding reduce breast cancer risk?

Breastfeeding and breast cancer are linked, though the NBCF notes that the role breastfeeding plays in lowering cancer risk depends on how long a woman breastfeeds. The World Cancer Research Fund International notes that evidence indicates that the greater number of months women continue breastfeeding, the greater the protection they have against breast cancer.

Is there a connection between stress and breast cancer?

The NBCF notes that researchers have found that traumatic events and losses can alter how the immune system functions, which can provide an opportunity for cancer cells to establish themselves within a person's body. The NBCF urges women to identify ways to keep their stress levels in check. Breast cancer education can be a valuable asset as women seek to reduce their risk for the disease.



In honor of our loved ones battling breast cancer, we remind you to...

Get Those Puppies Checked

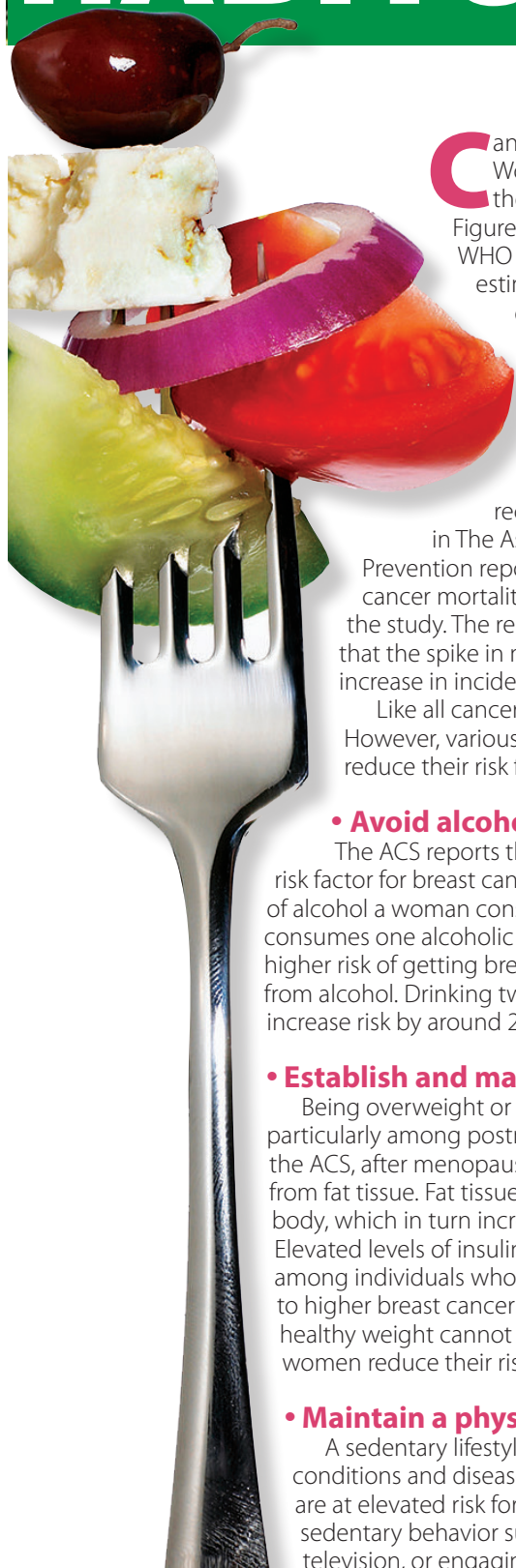
Breast Cancer Awareness Month 





HEALTHY HABITS

May help women reduce their breast cancer risk



Cancer is a formidable disease that the World Health Organization reports is the leading cause of death worldwide. Figures vary, but organizations such as the WHO and the American Cancer Society estimate that around 9.5 million people die from cancer every year.

No type of cancer causes more deaths in women across the globe than breast cancer.

Though the five-year survival rate for breast cancer patients has increased by a significant margin in recent decades, a 2019 study published in *The Asian Pacific Journal of Cancer Prevention* reported a significant increase in breast cancer mortality rate in the 25-year period preceding the study. The researchers behind the study theorized that the spike in mortality rate could be due to an increase in incidence and prevalence of breast cancer.

Like all cancers, breast cancer cannot be prevented. However, various healthy habits could help women reduce their risk for the disease.

• Avoid alcohol

The ACS reports that alcohol consumption is a clear risk factor for breast cancer. Risk increases with the amount of alcohol a woman consumes. For example, a woman who consumes one alcoholic drink per day has a 7 to 10 percent higher risk of getting breast cancer than a woman who abstains from alcohol. Drinking two to three drinks per day could increase risk by around 20 percent.

• Establish and maintain a healthy weight

Being overweight or obese increases breast cancer risk, particularly among postmenopausal women. According to the ACS, after menopause women get most of their estrogen from fat tissue. Fat tissue increases estrogen levels in the body, which in turn increases a woman's risk for breast cancer. Elevated levels of insulin in the body, which is common among individuals who are overweight, also has been linked to higher breast cancer risk. Establishing and maintaining a healthy weight cannot prevent breast cancer, but it can help women reduce their risk for the disease.

• Maintain a physically active lifestyle

A sedentary lifestyle increases a person's risk for various conditions and diseases. Women who live such a lifestyle are at elevated risk for breast cancer. The ACS notes that sedentary behavior such as sitting, lying down, watching television, or engaging with screen-based forms of

entertainment that do not require physical activity can increase breast cancer risk, especially for women who spend most of their work day sitting down. A more physically active lifestyle that includes routine exercise can help women reduce their breast cancer risk.

• Adopt a nutritious diet

Eating right is another way for women to reduce their breast cancer risk. Vegetables, fiber-rich legumes such

as beans and peas, fruits across the color spectrum, and whole grains are some components of a healthy, nutrient-rich diet that can help lower breast cancer risk. Women also can avoid certain foods, such as red and processed meats and refined grains, to lower their breast cancer risk.

Though there's no guaranteed way to prevent breast cancer, women can embrace various healthy habits to lower their risk for the disease.

The Hilltop
RESTAURANT & BANQUET FACILITY

THE HILLTOP SUPPORTS BREAST CANCER AWARENESS

2030 Wells Road • Orange Park
904-272-5959
www.hilltop-club.com



Treatments that may be considered after a breast cancer diagnosis

A recent article in the January/February 2023 edition of CA: A Cancer Journal for Clinicians noted that roughly 3.8 million cancer deaths have been averted since 1991. That figure represents a 33 percent overall reduction in the cancer death rate over the last three-plus decades. A host of variables have combined to make that reduction possible, and advancements in cancer treatment are one such component.

Despite improvements in cancer survival rates, the disease remains a formidable foe. Women know that all too well, as various forms of the disease, including breast cancer, continue to affect millions of women each year. The World Cancer Research Fund International reports that breast cancer was the most common cancer in the world in 2020, accounting for 12.5 percent of all new cases diagnosed in that year. When diagnosed with breast cancer, women will soon begin treatment, and the following are some of the options doctors may consider as they devise treatment plans.

• Chemotherapy

The aim of chemotherapy is to destroy cancer cells or slow their growth. The National Breast Cancer Foundation notes that chemotherapy employs a combination of drugs, which are usually administered orally or intravenously. Chemotherapy is a systemic therapy, which means the drugs will travel in the bloodstream throughout the entire body. That's likely why, according to the

organization Cancer Research UK, nearly everyone who receives chemotherapy experiences some level of fatigue.

• Radiation

The NBCF notes that radiation therapy utilizes high-energy rays to kill cancer cells. Radiation therapy affects only those parts of the body that are treated with radiation, so it might not lead to the same level of fatigue as chemotherapy. However, cancer care teams often utilize both radiation and chemotherapy to treat cancer. When treating breast cancer, radiation therapy is often utilized to destroy any remaining mutated cells in the breast or armpit area after surgery.

• Hormone therapy

The American Cancer Society notes that some types of breast cancer are affected by hormones. In such cases, the receptors on breast cancer cells attach to hormones like estrogen and progesterone, which enables them to grow. Hormone therapy prevents such attachments. The ACS indicates that hormone therapy is often utilized after surgery to help reduce the risk of recurrence. Unlike chemotherapy and radiation therapy, which are generally administered over a relatively short period of time, hormone therapy is usually taken in pill form for five years.

When discussing a course of treatment with breast cancer patients, doctors may also recommend newer treatments like targeted therapies. The NBCF notes that these treatments, which utilize drugs designed to block the growth of breast cancer cells in specific ways, are often administered in combination with chemotherapy.

Doctors utilize various treatments to help breast cancer patients overcome their disease. Women are urged to ask as many questions as possible as they discuss treatment options with their cancer care teams.



 In October, We Wear Pink 

Clay Electric is a proud supporter of Making Strides Against Breast Cancer



The length of time a women will receive treatment for breast cancer will ultimately depend on a host of variables unique to each individual. According to the nonprofit organization Living Beyond Breast Cancer, an individual diagnosed with early-stage breast cancer can be in active treatment for about one year. The administration of medicine, the performance or surgery and ongoing therapies are all considered part of active treatment. The Mayo Clinic reports that chemotherapy, a treatment option that utilizes various drugs to destroy cancer cells or slow their growth, can

last between three to six months for patients diagnosed with early-stage breast

cancer. Treatment with chemotherapy can extend beyond six months for individuals with advanced stage breast cancer. Hormonal therapy also can extend the time breast cancer patients are in treatment, as the American Cancer Society reports that this option typically requires patients to take a pill for five years. However, hormonal therapy can extend past five years in certain instances.



The relationship between breast density and cancer risk

A host of variables affect a woman's risk for breast cancer. Some variables are related to a woman's lifestyle. For example, the American Cancer Society reports that a sedentary lifestyle can increase breast cancer risk. In addition, the ACS notes that women who consume unhealthy diets are at greater risk of becoming overweight or obese, which also increases breast cancer risk.

A woman's lifestyle is largely up to her, which means women can exert a measure of control over their risk for a disease that the World Cancer Research Fund International reports was the world's most commonly diagnosed cancer in 2020. However, additional variables beyond a woman's control, including breast density, can increase risk for breast cancer.

What is breast density?

The Centers for Disease Control and Prevention notes that breast density reflects the amount of fibrous and glandular tissue in a woman's breasts compared to the amount of fatty tissue in the breasts.

How do I know if I have dense breasts?

Women cannot self-diagnose dense breasts. The National Cancer Institute

notes that only a radiologist can determine if a woman has dense breasts, and that's only possible after a mammogram.

What is the significance of breast density?

Breast density and breast cancer are linked, which underscores how important it can be for women to discuss breast density with their physicians. The National Cancer Institute notes that dense breasts are not considered an abnormal breast condition or a disease, though they are a risk factor for breast cancer. Women determined to have dense breasts have a higher risk of breast cancer than women with fatty breasts.

The CDC notes that dense tissue can hide cancers, as the fibrous and glandular tissue in breasts, which is more abundant in dense breasts than fatty breasts, looks white on a mammogram. That's significant, as tumors also look white on mammograms, which means it's easy to mistake a small tumor for fibrous and glandular tissue.

What can I do if I have dense breasts?

It's important that women with dense breasts open a dialogue with their physi-



cians. This is especially important when switching physicians, as a new doctor can consider this when treating a patient for the first time. Doctors may recommend certain tests to women with dense breasts, particularly after considering a woman's age and family history of breast cancer. The CDC notes that additional testing can produce a false positive result, so women can discuss that likelihood as well. But in some cases, a breast ultrasound or a breast MRI

may detect a tumor that a mammogram did not find, so additional testing should not be written off.

Breast density and breast cancer are linked, but the NCI notes that research has indicated that women with dense breasts are no more likely to die from breast cancer than women with fatty breasts. More information about breast density can be found at cancer.gov.

Headcovering options

A cancer diagnosis can be difficult to process. However, advancements in cancer research over the last several decades have helped more people survive such diagnoses. That should come as good news to people who have recently been diagnosed with breast cancer.

The Centers for Disease Control and Prevention says breast cancer is the second most common cancer among women in the United States. BreastCancer.org estimates that 276,000 new cases of invasive breast cancer and around 49,000 non-invasive cases are expected in 2020 in the United States.



Breast cancer treatment depends on the stage of the cancer, personal choices as well as doctor recommendations. Other factors like preexisting conditions or health history also may play a role in determining patients' treatments. In many cases, chemotherapy is included in a treatment plan. Chemotherapy targets fast-growing cancer cells in the body to prevent cancer from spreading and to shrink tumors. However, the American Cancer Society says other normal cells that are fast-growing can be affected by chemotherapy and cause side

effects. These cells include blood-forming cells in bone marrow, hair follicles, cells in the mouth, digestive tract cells, and reproductive system cells. This is why many people lose their hair during chemotherapy treatments. Many women confront chemotherapy-related hair loss with head coverings, and they have various options at their disposal.

• Scarves: Many women like to tie lightweight scarves around their heads. These scarves come in various patterns. Pre-tied scarves that can be pulled on also are available.

• Turbans: Turban style hats are pull-on options and are knotted or twisted in the front or side. Some may have decorative embellishments on the front.

• Baseball hat: Some baseball hats designed specifically for cancer patients provide more coverage than traditional baseball hats by stretching further down the back of the head and neck. They feature a brim and can offer substantial protection while out in the sun. Other baseball hats may come equipped with artificial or real human hair extensions attached inside of the hat to offer stylish options.

• Wigs: When a hat or scarf is not desirable, women can consider wigs. Wigs can be undetectable and mimic real hair. To simplify choosing a wig, women can bring a picture of their typical hairstyle. Save a lock of hair from the top front of the head where hair is the lightest to match wig color. Make sure the wig is adjustable.

Hair loss is a side effect of some cancer treatments. Finding head coverings can bridge the gap until hair regrows.

Serving you since 1982

ORANGE PARK FLORIST & Gifts
Quality • Design • Service

Thurs - Daisies \$2 • Fri - Roses \$2.50 • Sat - Sunflowers \$2
Hours: Mon-Fri 8:30am-5pm • Saturday 9am-1pm

904.264.5120
1940 Park Ave., Orange Park
www.orangeparkflorist.com

FIRST PLACE WINNER 2023 BEST OF CLAY COUNTY Floral Company



BREAST CANCER AWARENESS



SYMPTOMS OF MALE BREAST CANCER

Breast cancer is one of the most common forms of cancer diagnosed among the female population. Though breast cancer may seem like a disease that's exclusive to women, breast cancer can affect men as well.

While they have a smaller concentration than women, men have breast tissue, which means it's possible for them to develop breast cancer. Male breast cancer is most common in older men, but it is important that men recognize that the disease can strike them at any age.

Signs and symptoms

Men with breast cancer experience symptoms that are similar to those experienced by women. Possible signs to be aware of include:

- skin dimpling or puckering
- a lump or swelling, which is typically (but not always) painless
- nipple retraction
- redness or scaling of the nipple or breast skin
- discharge from the nipple, which may be clear or blood-tinged

The American Cancer Society advises that sometimes breast cancer can spread to the lymph nodes under the arm or around the collar bone and cause a lump or swelling in these locations. The protrusion may be noticeable even before the original tumor in the breast is large enough to be felt.

Men should realize that enlargements

or issues affecting both breasts (not on just one side) typically is not cancer. Enlargement or changes to both breasts in men can be caused by weight gain, medications or heavy alcohol consumption.

Types of male breast cancer

Various types of breast cancer can affect men, according to the Mayo Clinic:

• Ductal carcinoma:

Cancer that begins in the milk ducts. Nearly all male breast cancer is ductal carcinoma.

• **Lobular carcinoma:** Cancer that begins in the milk-producing glands. This type is rare in men because they have few lobules in their breast tissue.

Especially rare types of breast cancer that can occur in men include Paget's disease of the nipple and inflammatory breast cancer.

Diagnosis

BreastCancer.org says that a small study of breast cancer in men found that the average time between first symptoms and diagnosis was about 19 months. This can be startling because early diagnosis can be vital to survival. Through the realization that breast cancer can happen to men and more education and awareness, men can feel more comfortable about discussing changes to breast tissue with their doctors.

Male breast cancer is a very real occurrence, albeit a rare one. It is important that men take any abnormalities in their chests seriously.

RADIATION vs. CHEMOTHERAPY

Cancer is so prevalent throughout the world that many people, even those who have never been diagnosed with the disease, are familiar with the methods used to treat it. Though radiation and chemotherapy are not the only ways to treat cancer, they are often part of treatment plans, and are not infrequently prescribed in tandem.

Chemotherapy and radiation perform different functions in cancer treatment. Recognition of those different roles can help patients and their families understand their treatment plans more fully.

Chemotherapy

According to the AdventHealth Cancer Institute, chemotherapy utilizes specialized drugs that are designed to target and kill cells that divide rapidly, such as cancer cells. The American Society of Clinical Oncology notes that chemotherapy is a systemic medication, which means it travels throughout the bloodstream and reaches all parts of the body. Damage to healthy cells during chemotherapy is possible because the treatment is systemic. The ASCO notes this is why chemotherapy can cause side effects like hair loss and nausea.

Chemotherapy is utilized in different ways. Sometimes chemotherapy is administered as "curative chemotherapy," which the ASCO notes means it is the primary way of treating the disease and is being employed with a goal of getting rid of all

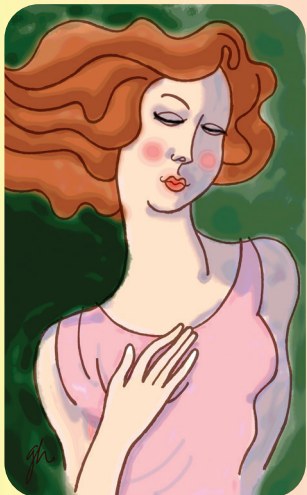
of the cancer and preventing recurrence. Sometimes chemotherapy is administered prior to cancer surgery or radiation therapy in an attempt to reduce the size of tumors.

Radiation

Radiation therapy is not systemic but rather targets specific areas of the body where cancerous cells are present. During radiation therapy, high-energy X-ray or other particles are utilized to destroy cancer cells. The ASCO reports that radiation therapy aims to damage cell DNA so cancerous cells are destroyed or stop growing.

Though healthy cells near the cancer cells may be damaged during radiation therapy, the treatment, because it is localized, is unlikely to cause side effects in areas of the body where there is no cancer present. However, individuals receiving radiation therapy may develop symptoms in areas the radiation is targeting. For example, the ASCO notes that people who receive radiation therapy may experience dry, itchy, blistering, or peeling skin in the area being treated. As uncomfortable as these symptoms may be, they usually disappear within a few weeks of the completion of treatment.

Doctors often utilize a combination of treatments, including chemotherapy and radiation therapy, to treat cancer. However, these treatments are vastly different and can produce their own unique side effects.



PINK RIBBON SYMPOSIUM PRESENTS:

HaHas for Ta-Tas

"Laughter is the Best Medicine!"

Comedian Foxy Hamm

Comedian Bobby Parker

MC Charlie Eddins

\$5



SCAN ME

Saturday, October 28, 2023

10 AM-Noon (Doors Open 9:30 AM)

at Springs Church

900 Park Ave., Orange Park, FL

Register at WWW.PINKRIBBONSYMPOSIUM.ORG



Groups at elevated risk for breast cancer

The number of women diagnosed with breast cancer in 2020 exceeded two million. That figure, courtesy of the World Health Organization, underscores the significance of the threat posed by the disease.

Though no one is immune to breast cancer, researchers have concluded that certain groups have a higher risk of developing the disease than others. Women who recognize their personal risk for breast cancer may not be able to change certain factors that increase their chances of developing the disease. However, recognition of their personal risk could put women in position to lower that risk in other ways. According to the WHO, the following are some groups who are at elevated risk of developing breast cancer.

- Women: Johns Hopkins Medicine reports that less than 1 percent of all breast cancer cases occur in men. Though it's still important for men to recognize they've not immune to the disease, women must also recognize that nearly all of the more than two million annual breast cancer diagnoses across the globe are found in women.

- Women 50 and older: The Centers for Disease Control and Prevention reports that most breast cancers are found in women who are 50 years old or older. A report from the National Cancer Institute indicates that a 30-year-old woman has a 1 in 204 chance (0.49 percent) of being diagnosed with breast cancer, while a 40-year-old has a 1 in 65 chance (1.55 percent) of being diagnosed. By the time women reach age 60, their risk is 1 in 28 (3.54 percent), while a 70-year-old has a 1 in 24 chance (4.09 percent) of being diagnosed. Though women of any age can get the disease, the risk clearly increases as women get older.

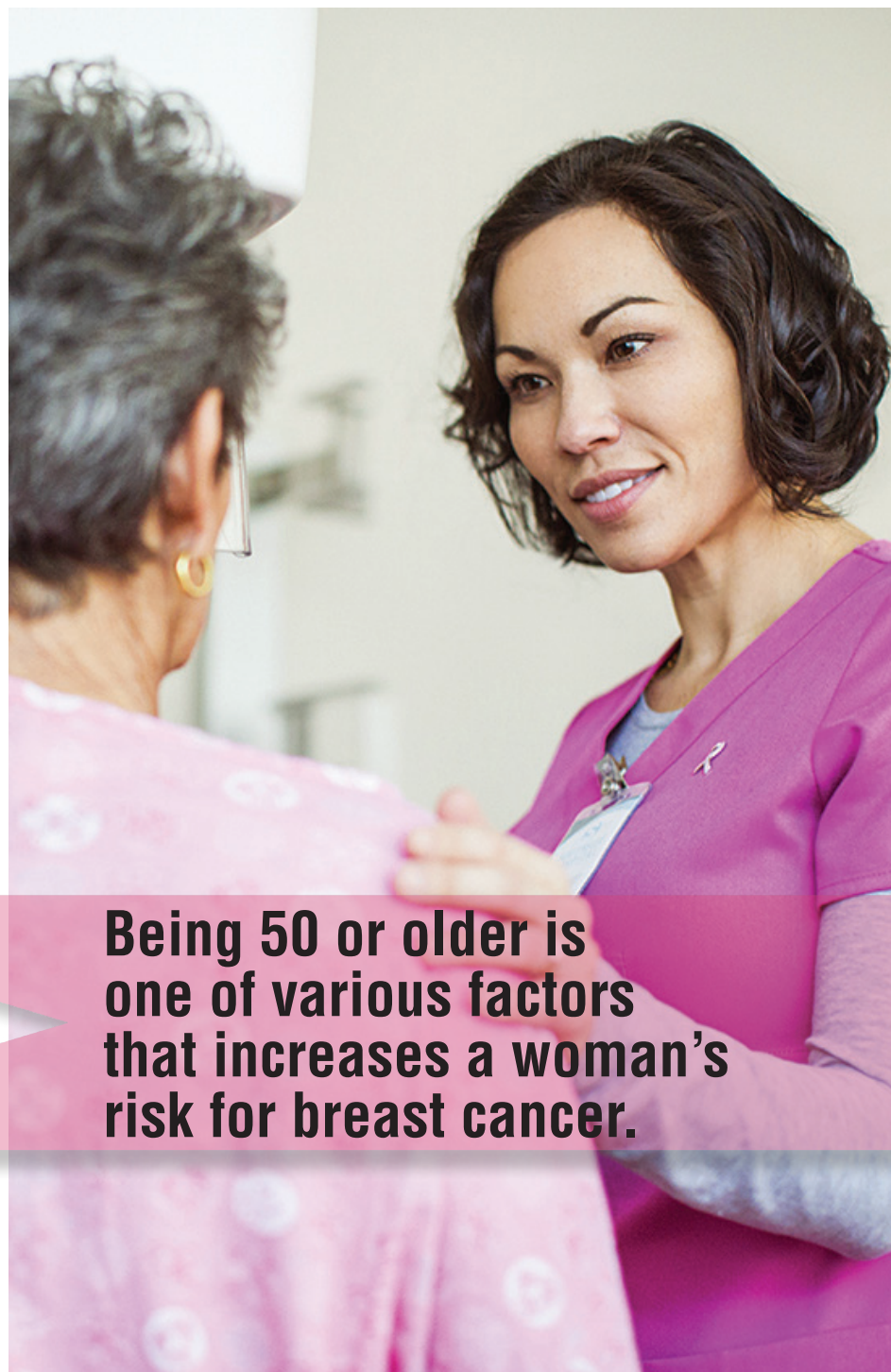
- Women who meet the criteria for being overweight or obese: The nonprofit

organization Susan G. Komen, which helps to raise funds for the fight against breast cancer, notes that women who are overweight or obese after menopause have a 20 to 60 percent higher risk of developing breast cancer than women who are not overweight or obese. The American Cancer Society reports that having more fat tissue increases breast cancer risk because it raises estrogen levels. However, the ACS notes the link between weight and breast cancer risk is complicated, so it's worth it for women concerned about their cancer risk to open a dialogue with their physicians.

- Women who consume alcohol: The MD Anderson Cancer Center reports that alcohol consumption and breast cancer risk are linked. Though the precise cause of the link is unknown, one theory suggests that consuming alcohol can increase estrogen levels as well as the levels of other hormones associated with breast cancer. However, the MDACC warns that the risk

is very low, particularly for women who limit their consumption to one drink or less per day. Routinely consuming more than one alcoholic drink per day is a cause for concern.

It's vital that women recognize their risk for breast cancer. Though any woman can be diagnosed with breast cancer, certain factors, including some that can be avoided, can increase a woman's risk for the disease.



Being 50 or older is one of various factors that increases a woman's risk for breast cancer.

What to know about breast lumps

Breast cancer is a cause for concern for millions of women. Each year about 264,000 cases of breast cancer are diagnosed in women in the United States, according to the Centers for Disease Control and Prevention. The Canadian Cancer Society indicates around 28,600 Canadian women will be diagnosed with breast cancer this year. Globally, data from the World Health Organization indicates roughly 2.3 million women were diagnosed with breast cancer in 2020.

One of the more notable symptoms of breast cancer is the presence of a lump in the breast. Though not all lumps are malignant, it's important that women learn about breast anatomy and lumps as part

of their preventive health care routines.

Mount Sinai says that breast lumps can occur at any age in both men and women. Hormonal changes can cause breast enlargement and lumps during puberty, and boys and girls may even be born with lumps from the estrogen received from their mothers.

It is important to note that the vast majority of breast lumps are benign. The National Institutes of Health says 60 to 80 percent of all breast lumps are non-cancerous. The most common causes of breast lumps are fibroadenomas and fibrocystic changes. Fibroadenomas are small, smooth, moveable, painless round lumps that usually affect women who are at an age to have children, indicates the Merck Manual. They are non-cancerous and feel rubbery.

Fibrocystic changes are painful, lumpy breasts. This benign condition does not increase a woman's risk for breast cancer. Symptoms often are worse right before one's menstrual period, and then improve

after the period begins.

Additional factors can contribute to the formation of lumps. Breast cysts are fluid-filled sacs that likely go away on their own or may be aspirated to relieve pain. Complex cysts may need to be removed surgically. Sometimes cysts also may form in milk ducts throughout the breasts.

Lumps also may be the result of injury. Blood can collect under the skin and form a type of lump called a hematoma. Other lumps may be traced to lipomas, which is a collection of fatty tissue or breast abscesses, which typically occur if a person is breastfeeding or has recently given birth.

Additional causes of lumps can be discussed with a doctor. Though the majority of lumps are not a cause for concern, it is important for people to regularly feel their breasts to check for abnormalities. Doctors may recommend annual mammograms to women age 40 and older. In its earliest stages, breast cancer may produce little to no visible symptoms, but a mammogram may be able to catch something early on.





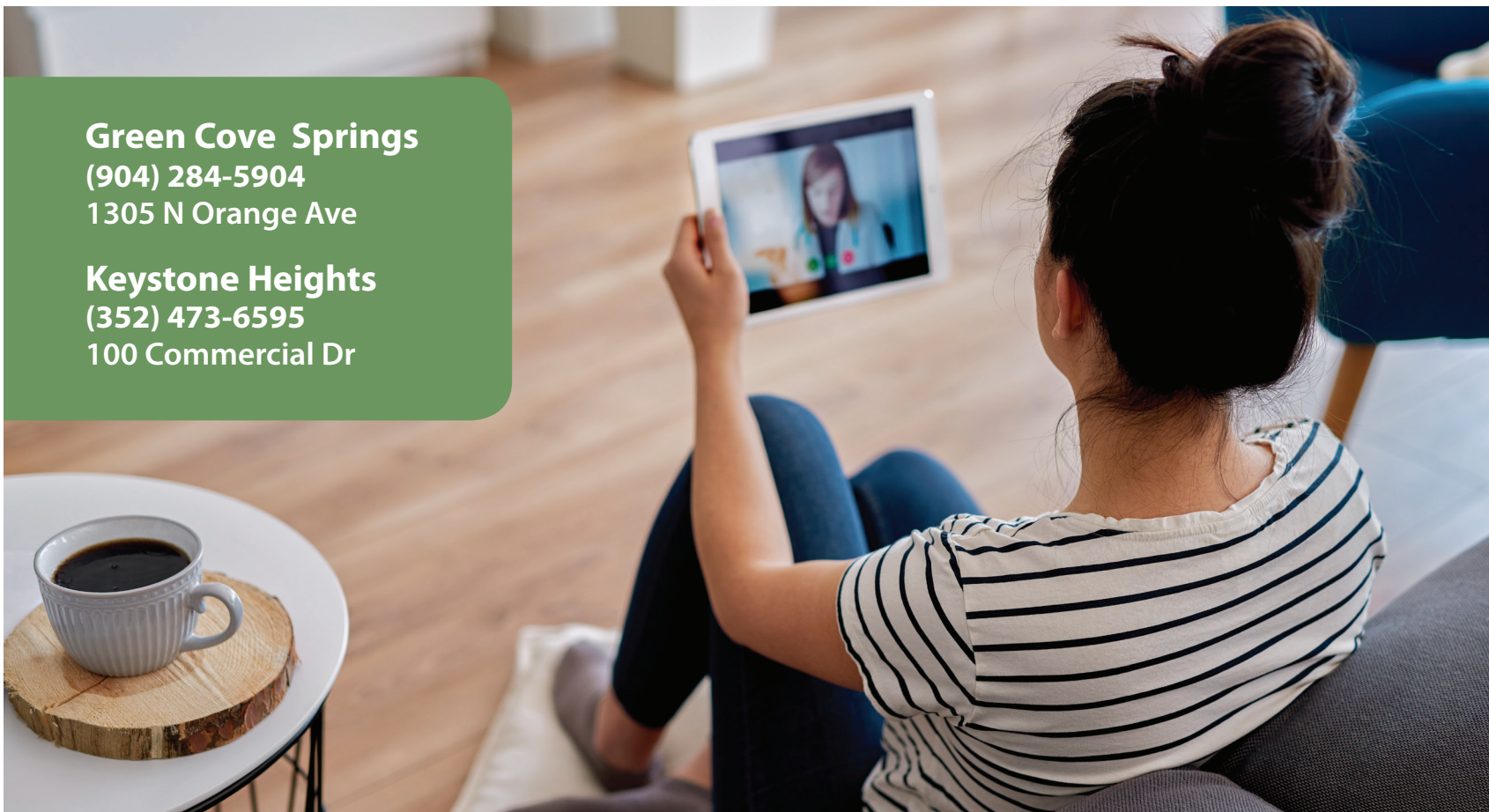
BREAST CANCER AWARENESS



Now Offering Telehealth Visits for your convenience!

Green Cove Springs
(904) 284-5904
1305 N Orange Ave

Keystone Heights
(352) 473-6595
100 Commercial Dr



Aza Health has you covered from A to Z with quality primary and preventative healthcare services for the entire family!
Our team of healthcare professionals will tailor your care to meet your needs!

Same-day and Telehealth appointments available,
or schedule your appointment in advance!



Call today for an appointment!

Medical • Dental • Mental Health • Pharmacy

Dental appointments available, too! Palatka (386) 328-7638 • Gainesville (352) 375-3790 • St. Augustine (904) 824-3322

Discounted Pricing for Eligible Patients | Most Insurance Accepted, Including Medicaid & Medicare
www.azahealth.org

BREAST CANCER

awareness month



NO ONE
♥ FIGHTS
ALONE

**CLAY
TODAY**
OCTOBER 12, 2023



What cancer does to the the body

Cancer affects tens of millions of people each year. The World Health Organization said cancer accounted for nearly 10 million deaths in 2020, the most recent year for data.

Depending on where cancer strikes, various symptoms may present. However, cancer also affects the body as a whole. Here is a more in-depth look at how cancer affects the body and overall health.

Weight loss

According to a 2011 article in the Journal of Genetics, weight loss occurs in up to 80 percent of people with cancer. Lost mass occurs in both muscle and fat tissue. Cancer may suppress the appetite and cause alterations in biochemical pathways for the production of proteins and other compounds necessary to maintain a healthy body weight and muscle composition.

Blood cell numbers

Some cancers and cancer treatments can change the number of blood cells circulating in the blood, according to Cancer Research UK. White blood cell numbers may drop and risk of infection may increase. Cancer treatments may cause low levels of red blood cells, resulting in



- **Weight loss**
- **Blood cell numbers**
- **Decreased infection resistance**
- **Hormonal changes**
- **Constipation**
- **Fatigue**
- **Eye changes**
- **Premature aging**



In honor of our loved ones battling breast cancer, we remind you to...

Get Those Puppies Checked

Breast Cancer Awareness Month 



Animal Advocacy, Education, & Awareness ClayHumane.org

anemia, which can make a person feel tired and breathless and require a blood transfusion.

Decreased infection resistance

Decreased infection resistance: Some mutations caused by cancer give cancer cells the ability to reduce or even cripple immune response, according to Healthfully. Therefore, the immune system becomes limited in its ability to recognize foreign organisms. Viruses and bacteria may take hold. This is why many people who have cancer may ultimately die from pneumonia.

Hormonal changes

Some cancers can produce hormones that will circulate and cause symptoms known as paraneoplastic syndrome. It may cause muscle weakness or even change the balance of salt and water in the body. Hormone therapies may be used in cancer treatments to help address the symptoms caused by the cancer.

Constipation

Pain medications and chemotherapy can cause constipation. It's important to drink plenty of liquids and eat high-fiber diets to help combat this problem.

Fatigue

Along with weight loss, fatigue is another common body effect of cancer. Preserving energy by napping and resting, especially during treatment, can help.

Eye changes

Chemotherapy can increase the risk of dry eye syndrome and the formation of cataracts, says OSHU Knight Cancer Institute. Additional vision problems may occur as well.

Premature aging

Both cancer and the necessary treatments can speed up some signs of aging. For example, it may increase the risk of osteoporosis or bring on early menopause.

Cancer doesn't just affect the area of the body where it's located. The entire body can be affected by cancer and cancer treatments.



The link between stress and cancer

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel stressed out.

Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a profoundly negative effect on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease.

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.

When discussing the link between stress and cancer, it's important to note that many studies, including the one conducted by researchers at the Wistar Institute, have shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Insti-

tute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treatment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising regularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combatting stress.

Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.



The Hilltop
RESTAURANT & BANQUET FACILITY

THE HILLTOP SUPPORTS BREAST CANCER AWARENESS

2030 Wells Road • Orange Park
904-272-5959
www.hilltop-club.com

Breast Cancer
AWARENESS MONTH



Five fruits and vegetables associated with reducing cancer

The prevalence of cancer is widely known. Affecting people of every ethnicity and across the socioeconomic spectrum, cancer poses a threat to people in all corners of the globe. And that threat could be more significant in the immediate future. Estimates from the International Agency for Research on Cancer indicate that the global population boom and the growth of the world's aging population could result in more than 16 million cancer deaths each year by 2040. The statistics surrounding global incidence rates for cancer are startling, which can give the impression that cancer is an inevitability for hundreds of millions of people across the globe. However, there's much individuals can do to reduce their cancer risk. According to the MD Anderson Cancer Center, a healthy diet can help reduce cancer risk. A diet that focuses on plants and emphasizes healthy choices may not eliminate the threat of cancer, but it can be an integral component of a preventive health care regimen. With that in mind, the following are five fruits and vegetables associated with reducing cancer risk, courtesy of the MDACC.



contribute to various cancers, including skin cancer, lung cancer and breast cancer, among others. Blueberries, raspberries and strawberries make wonderful additions to anyone's diet.

Cruciferous vegetables

Cruciferous vegetables include broccoli, bok choy, cabbage, and brussel sprouts, among others. The MDACC notes that

studies have indicated that special plant compounds in cruciferous vegetables may protect the body from stomach cancer and cancers of the mouth, pharynx, larynx, and esophagus.

Garlic

The experts at Mount Sinai note that garlic is often linked with reduced risk for heart disease, notably the prevention of atherosclerosis, which affects the arteries through the deposition of plaques of fatty acids along the arterial walls. However, antioxidant-rich garlic also helps the body fight off harmful free radicals that can contribute to cancer.

Spinach

The Centers for Disease Control and Prevention notes that colorectal cancer is one of the leading causes of cancer deaths

in the United States. Studies have found that spinach inhibits the growth of colon polyps that can develop into colorectal cancer.

Tomatoes

Lycopene is an antioxidant that gives tomatoes their bright red color. According to the National Cancer Institute, though human studies have produced inconsistent results, various in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver.

Eating these five fruits and vegetables is not the only way to use diet in the fight against cancer. Individuals are urged to speak with their physicians to learn about the many ways to utilize food in cancer prevention.

Berries

Berries contain antioxidants, which protect the body from cell damage that can



In October, We Wear Pink

Clay Electric is a proud supporter of Making Strides Against Breast Cancer



Clay Electric Cooperative, Inc.
A Touchstone Energy Cooperative

ClayElectric.com
Find us on Facebook

Did You KNOW?

Cancer can be caused by genes a person inherits at birth or by outside influences that cause genetic mutations to occur in cells. According to Yale Medicine, inherited cancers that were present from the time of conception make up only a small percentage of the most common cancers, such as breast, colon and prostate cancer, and even less common cancers. In addition, even if inherited genetic mutations are present in the body, that does not mean the development of cancer is inevitable. According to Verywell Health, only around 5 to 10 percent of cancer cases can be attributed to inherited genetic mutations. More often than not, cancers that seem to run in the family are more likely a result of lifestyle or environmental factors that are shared by family members, such as eating the same unhealthy foods or a propensity to overindulge in alcoholic beverages.





How to manage pain medications during breast cancer treatment

Breast cancer researchers have worked tirelessly over the last several decades as they work to eradicate the disease once and for all. While breast cancer still affects millions of women across the globe each year, advancements in treating the disease have dramatically improved five-year survival rates, providing patients and their families with hope as well as a realistic expectation of a long, healthy life after cancer.

According to Breastcancer.org, women diagnosed with breast cancer in 2020 and beyond have an array of treatment options to fight their disease. That marks a stark contrast from recent history, when treatment options were considerably more limited.

Though treatment options have expanded and improved survival rates, women diagnosed with breast cancer can still expect to confront some side effects as they navigate their way through treatment.

Pain is one of the more common symptoms breast cancer patients experience, both before diagnosis and during treatment. In fact, breast cancer treatment plans typically include strategies to address pain.

Breastcancer.org notes that most breast cancer patients can get complete relief for their pain. However, it may take some time before the right formula is found and patients can return to enjoying daily activities.

The American Cancer Society notes that medication is typically part of cancer patients pain treatment plans. Breast cancer patients unaccustomed to taking medication each day can consider these tips to effectively manage their medications as they progress through their treatments.

• **Take your medication on a regular**

schedule. The ACS advises cancer patients who have been diagnosed with chronic pain to take their medications around the clock on a schedule, rather than taking it only when pain is severe. Schedules can be adjusted, but patients should not do so on their own. Pain medication schedules should only be adjusted after speaking with a physician.

• **Familiarize yourself with pain medication side effects.** Pain medications may produce side effects such as sleepiness and dizziness. The ACS notes that these symptoms typically improve after a few days, but cancer patients must recognize the threat they pose. Patients may need help getting up or walking, and the ACS discourages patients from driving while on pain medication until they are sure of the effects of the medicine.

• **Do not crush or break pills.** Many medicines are time-release medications in pill form. Taking broken or crushed pills can be very dangerous. Only patients who get the go-ahead from their physicians to take crushed or broken pills should do so.

• **Monitor your side effects.** No two people are the same, so some cancer patients may react differently to pain medications than others. Keep track of any abnormalities and side effects you experience while taking pain medicine. Discuss them with your cancer care team during each doctor visit, and report severe or uncomfortable symptoms to your physician immediately. Pain medication can help breast cancer patients overcome a common side effect of both their disease and their treatments. Learning to manage pain medications is vital for patients as they recover from their disease.

Serving you since 1982

ORANGE PARK.
FLORIST
& Gifts
Quality • Design • Service



Thurs - Daisies \$2 • Fri - Roses \$2.50 • Sat - Sunflowers \$2

Hours: Mon-Fri 8:30am-5pm • Saturday 9am-1pm



904.264.5120
1940 Park Ave., Orange Park
www.orangeparkflorist.com





How physical activity can help in the fight against breast cancer

Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease. Exercise benefits women in myriad ways, and that includes

lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theorize that the positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

The National Cancer Institute reports that being obese after menopause can significantly increase a woman's risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women's risk for breast cancer.

Does physical activity really reduce breast cancer risk?

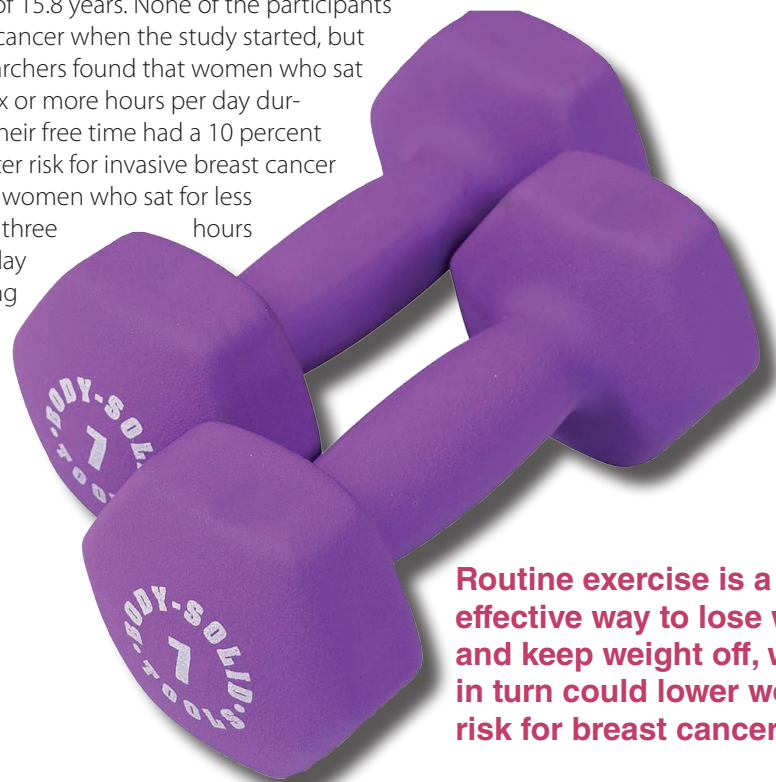
The human body is complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight, including exercise.

Routine physical activity can be a significant weapon in women's arsenal as they continue their efforts to prevent and overcome breast cancer.

Being sedentary and breast cancer

Exercise is not a sedentary activity, and that could be another reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 77,462 women, who they followed for an average of 15.8 years. None of the participants had cancer when the study started, but researchers found that women who sat for six or more hours per day during their free time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day during free

time.



Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women's risk for breast cancer.



PINK RIBBON SYMPOSIUM PRESENTS:

HaHas for Ta-Tas

"Laughter is the Best Medicine!"

Comedian Foxy Hamm
Comedian Bobby Parker
MC Charlie Eddins

\$5



SCAN ME

Saturday, October 28, 2023
10 AM-Noon (Doors Open 9:30 AM)
at Springs Church
900 Park Ave., Orange Park, FL

Register at WWW.PINKRIBBONSYMPOSIUM.ORG



Breaking Down breast cancer surgeries

Doctors will discuss a host of treatment options upon diagnosing a patient with breast cancer. The course of treatment is ultimately determined by various factors, including the stage of the disease at the time of diagnosis.

Doctors and patients now have more treatment options than ever before, and many women confronting breast cancer will undergo a combination of treatments en route to beating their disease.

The National Breast Cancer Foundation, Inc. (reports that surgery is the most common form of treatment for breast cancer. Surgical procedures vary, and the following rundown can help women understand their options.

Lumpectomy

The NBCF notes that a lumpectomy procedure typically removes the least amount of breast tissue necessary to get the tumor out. Surgeons also will remove a small amount or margin of surrounding tissue, but not the breast. The American Cancer Society notes that a lumpectomy is classified as a breast-conserving surgery. The NBCF describes a lumpectomy as the least invasive breast cancer surgery and notes that the procedure is highly effective.

Mastectomy

Surgeons remove the entire breast during a mastectomy. The online medical resource Verywell Health notes that there are reasons for and against getting a double mastectomy, and some women who must have one breast removed also have the other healthy breast removed. There are various types of mastectomies, including skin-sparing mastectomy, simple mastectomy, modified radical mastectomy, and partial mastectomy. Each type is different, and what's recommended to one patient may not be recommended to another. Doctors who recommend mastectomy can break down each option so patients can make the most informed decision possible.

Additional procedures

Doctors may need to perform some additional procedures after breast cancer patients undergo a lumpectomy or mastectomy. In such instances, doctors may remove and examine lymph nodes to determine if the cancer has spread and to what extent it has spread. The NBCF notes that a sentinel lymph node biopsy is performed so doctors can examine the lymph node closest to the tumor, as this is where cancer cells are most likely to have



spread. Identifying the sentinel lymph node involves injecting dye or radioactive substances into the tissue. The lymph nodes that are most susceptible to cancer will be marked by the dye or substances injected. Doctors may perform an axillary node dissection, which involves the removal of the axillary lymph nodes located in the underarm. Lymph nodes do not al-

ways need to be removed, but doctors will often conduct a sentinel node biopsy or an axillary node dissection when performing a lumpectomy or mastectomy.

Surgery is the most common treatment for breast cancer. Women diagnosed with breast cancer can discuss the pros and cons of common surgeries as they begin their fight against their disease.

What to know about prophylactic mastectomy

Breast cancer is the most common cancer diagnosed in American women, and is the leading cause of cancer death in less developed countries, says the Breast Cancer Research Foundation. According to Susan G. Komen, more than 680,000 breast cancer deaths occurred worldwide in 2020.

Breast cancer affects the anatomy of the breasts and can often spread to the lymph nodes. While breast cancer can affect just about any woman (as well as men), certain women are at higher risk for developing breast cancer than others. Such women include those with a family history of breast cancer and/or the presence of genetic markers called BRCA1 or BRCA2 gene mutations, according to the Bedford Breast Institute. Those women have a lifetime risk of up to 87 percent for getting breast cancer and 53 percent for developing ovarian cancer. Other risk factors include the presence of dense breast tissue, exposure to radiation at an early age and having already had cancer in one breast.

What is prophylactic mastectomy?

In instances when breast cancer risk is particularly high, women may opt to



undergo prophylactic mastectomy, also called preventative mastectomy. This is the surgical removal of one or both breasts with the intent to dramatically reduce the risk of developing breast cancer.

Rate of risk reduction

The Mayo Clinic says prophylactic mastectomy reduces the risk of developing breast cancer by 90 to 95 percent among women with BRCA gene mutations. It is roughly the same risk reduction for women who already have had breast cancer or have a strong family history of the disease and then have a breast removed.

Studies indicate that preventative mastectomy of the unaffected breast (called contralateral prophylactic mastectomy) in cases when breast cancer occurred in the

other breast, when no genetic mutations or hereditary risk factors are present, has little to no effect on overall survival rate. This is a surgery only for those with very high risk.

Why isn't risk reduced completely?

Not all breast tissue can be removed during a prophylactic mastectomy. That is because breast tissue can sometimes be found in the chest, armpit, skin, above the collarbone, or on the upper part of the abdominal wall, states the Mayo Clinic. It is impossible to remove all breast tissue cells during surgery. Although risk reduction is significant after mastectomy, that risk cannot be eliminated entirely.

Risks associated with prophylactic mastectomy

There are some risks associated with prophylactic mastectomy, both during the procedure and afterwards. BreastCancer.org says bleeding or infection, fluid collecting under the scar, delayed wound healing, scar tissue formation, loss of sensation in the chest, and complications while being put under anesthesia are all possible. Women are urged to carefully consider the pros and cons before opting for the surgery.

Alternatives

Prophylactic mastectomy is only one option for women at high risk for developing breast cancer. Some alternatives include:

- Ultrasounds, physical exams, and mammograms every three to six months for the rest of the patient's life.
- Medication that can reduce risk of developing breast cancer.
- MRIs in addition to mammograms.
- Surgery to remove the ovaries, which can decrease both the risk of breast and ovarian cancers. It may reduce breast cancer risk by up to 50 percent if performed before age 50.

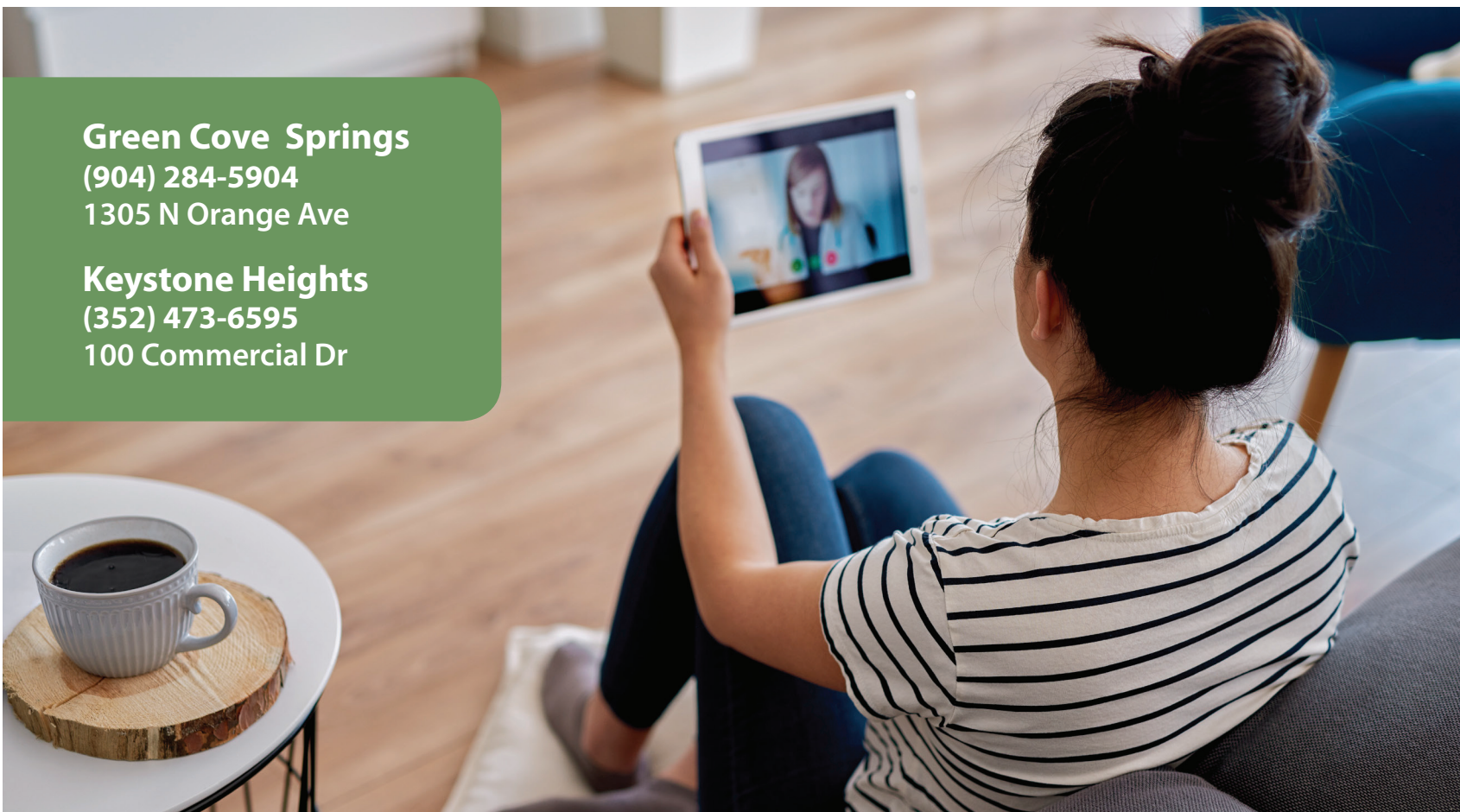
Breast cancer risk is higher in some individuals, which may prompt discussions about prophylactic mastectomies.



BREAST CANCER AWARENESS



Now Offering Telehealth Visits for your convenience!



Green Cove Springs
(904) 284-5904
1305 N Orange Ave

Keystone Heights
(352) 473-6595
100 Commercial Dr

Aza Health has you covered from A to Z with quality primary and preventative healthcare services for the entire family!
Our team of healthcare professionals will tailor your care to meet your needs!

Same-day and Telehealth appointments available,
or schedule your appointment in advance!



Call today for an appointment!

Medical • Dental • Mental Health • Pharmacy

Dental appointments available, too! Palatka (386) 328-7638 • Gainesville (352) 375-3790 • St. Augustine (904) 824-3322

Discounted Pricing for Eligible Patients | Most Insurance Accepted, Including Medicaid & Medicare
www.azahealth.org