



# Squeeze the day



**KANIKSU**  
COMMUNITY HEALTH

## WHAT IS BREAST CANCER?

Breast Cancer is a disease in which cells in the breast grow out of control. Cancer cells can also spread, or metastasize, to other parts of the body. Breast cancer is the second most common cancer among women, after skin cancer. It is about 30% (or 1 in 3) of all new female cancers each year.

Breast cancer is one of the leading causes of cancer-related death in women in the United States, second only to lung cancer. The American Cancer Society estimates-about 287,850 new cases of invasive breast cancer will be diagnosed in women this year.

About 2,710 new cases of invasive breast cancer are expected to be diagnosed in men in 2022. A man's lifetime risk of breast cancer is about 1 in 833.

- Thickening or swelling of part of the breast
- New lump in the breast or underarm (armpit)
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or breast
- Pulling in of the nipple
- Nipple discharge other than breast milk, including blood
- Change in size or shape of the breast
- Pain or tenderness in the breast

\*It is important to note, the symptoms above can occur with other conditions that are not cancer.



## WHO MAY BE AT RISK FOR DEVELOPING BREAST CANCER?

According to the American Cancer Society: If you are under the age of 45, you may have a higher risk for breast cancer if you have:

- Close relatives diagnosed with breast cancer before the age of (45) or ovarian cancer at any age
- Changes in breast cancer genes (BRCA1 and BRCA2) or close relatives with these changes
- Radiation therapy to the breast or chest during childhood and/or early adulthood
- Had breast cancer or certain other breast health problems, such as lobular carcinoma, ductal carcinoma, atypical ductal hyperplasia, or atypical lobular hyperplasia
- Been told that you have dense breasts on a mammogram

## HOW CAN I DETECT BREAST CANCER EARLY?

Breast cancer screenings are imperative for early detection.

- Mammogram (X-Ray picture of the breast): Detects early signs of breast cancer
  - Women 50-74 years of age and at average risk for breast cancer should get their Mammogram every two year.
  - Women with family history of breast cancer and/or at higher risk for developing breast cancer, should get their Mammogram in their 40s. However, provider discretion is advised.
  - Most insurance plans cover the cost of screening mammograms. If you have a low income or do not have health coverage, you may qualify for a free or low-cost mammogram.
- Clinical Breast Exam (CBE): Physical examination of the breast
  - Clinical Breast Exams are used along with mammograms to check for breast cancer and/or other breast problems
    - Women should have a clinical breast exam every one to three years, starting at the age of 20 and every year starting at the age of 40
    - Clinical breast exams may be recommended more frequently if you have a strong family history of breast cancer

Have  
questions?

Call 208.263.7101  
kchnorthidaho.org



## WHAT ELSE CAN I DO?

- Decrease your risk of developing breast cancer
  - It is no secret that diet and nutrition play a vital role in cancer prevention and treatment. Eating healthy food helps boost the immune system, reduce inflammation, and fight off infection. While you cannot control your family health history, making healthy lifestyle choices can help.
    - Maintain a healthy weight
    - Engage in regular physical activity
    - Don't drink alcohol or limit alcoholic drinks to no more than one per day
- Know your risk of developing breast cancer:
  - Genetic counseling and Testing
  - Learn your family history of breast and ovarian cancer
- Self-Breast Exam (SBE):
  - Being in tune with your body is important for many aspects of your health, this includes your breast health. It is very important to be aware of how your breasts normally look and feel and to report any changes to your health care provider right away.
  - Adult women of all ages are encouraged to perform breast self-exams at least once a month
    - 40% of diagnosed breast cancers are often detected by women who feel a lump, so establishing a regular breast self-exam is important
    - Know how your breasts normally look and feel. Talk to your provider at Kaniksu today, if you notice changes in size or shape of your breast, pain, nipple discharge, or other symptoms

## SCHEDULE APPOINTMENT WITH YOUR PROVIDER TODAY TO DISCUSS YOUR SCREENING OPTIONS

A few things your care team may discuss with you include:

- Personal history of breast problems
- Family history of breast cancer
- Breast density (amount of connective & Fatty tissue in your breasts)
- Age-Most breast cancers are found after age 50
- Menstrual & Childbirth history
- History of radiation treatment therapy to the breast or chest
- Family and/or personal history of changes in cancer genes (BRCA1 or BRCA2)

For more information, go to <https://www.kchnorthidaho.org/breast-cancer.html>

### Bonnars Ferry

6615 Comanche Street  
Bonnars Ferry, ID 83805  
(208) 267-1718

### Priest River

6509 Hwy. 2  
Priest River, ID 83856  
(208) 448-2321

### Sandpoint

810 6th Ave.  
Sandpoint, ID 83864  
(208) 263-7101