Symptoms

Different people have different symptoms of breast cancer. Some people don't have any signs or symptoms at all. In some cases, breast cancer causes the breast to feel lumpy or thick. In other cases, breast cancer causes the breast to be large.

• New lump in the breast or underarm (armpit).
• Changes in the appearance of the breast skin, such as dimpling or an uneven surface.
• Redness or thick skin in the nipple area or the areola.
• Changes in the skin, such as scaliness, irritation, or dimpling.
• Nipple discharge other than milk, including:
  • Purulent or bloody discharge
  • Clear or serous discharge
• Any change in the size or shape of the breast.
• Pain in any part of the breast.
• Changes in the way the breast feels; for example, a breast feels firmer or less soft than before.

Lumpiness in the breast or underarm is a symptom of some breast conditions, but not breast cancer. If you find anything unusual, be sure to see your doctor right away.

Risk Factors

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 or older.

• Women who have had breast cancer. If a woman has had breast cancer, she is at a higher risk for getting it again.
• Women who have a family history of breast cancer. Having a first-degree female relative with breast cancer also raises a woman’s risk.
• Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer.
• Personal history of breast or ovarian cancer. Women who have had breast cancer or ovarian cancer have a higher risk of getting breast cancer later in life.

• Family history of breast 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.
• Early menopausal period. Women who start their periods before age 12 are exposed to hormones longer, raising their risk of getting breast cancer.
• Late or no menopause. Having your first pregnancy after age 30 and never having a full-term pregnancy can raise your risk of getting breast cancer.
• Starting menopause at age 55. Like starting your period early, being exposed to estrogen for a longer period of time increases your risk of breast cancer.
• Not being physically active. Women who are not physically active have a higher risk of getting breast cancer.
• Taking estrogen without progesterone hormones. Taking estrogen alone for longer than 10 years raises a woman’s risk of getting breast cancer.
• Taking hormone replacement therapy. Women who take hormone replacement therapy for more than 10 years are at higher risk for getting breast cancer.
• Using combination hormone therapy. Taking hormones to replace missing estrogen and progesterone in women who are menopausal can raise a woman’s risk of getting breast cancer.
• Breastfeeding. Women who breastfeed any children you may have, if possible.
• Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.
• Avoiding physical activity. Women who are physically active have a lower risk of getting breast cancer.
• A personal history of breast cancer. Women who have had breast cancer are more likely to get breast cancer again.

Reducing the Risk

- Avoid exposure to chemicals that can cause cancer.
- Avoid exposure to occupational or environmental risk factors.
- Avoid exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.
- Breastfeed any children you may have, if possible.
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- Exercise regularly at least four hours a week.
- Limit alcohol intake to no more than one drink per day.
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Breast & Cervical Cancer Pink Issue

11th Walk for Women set for Sunday

HAMLIN - Lincoln Primary Care Center, in cooperation with the WV Breast and Cervical Care Program, will be sponsoring the 2016 “Walk for Women” Sunday, October 16, 2016, in honor of Breast Cancer Awareness Month. All proceeds from the “Walk for Women” are deposited into the WV Breast and Cervical Cancer Diagnostic and Treatment Fund.

The fund, established by the 1996 WV Legislature, provides diagnostic and treatment services for women throughout West Virginia, who have no health insurance and whose income is at or below 200% of federal poverty level. In addition to their efforts, the Legislature requested that the WV Comprehensive Cancer Control Coalition and its partners supplement the fund. In order to continue providing this service to West Virginia women, we are asking for your help.

We respectfully request the support for the 2016 “Walk for Women.” The theme is “Sunday in Pink.” All contributions are appreciated and we hope we can count on your support. This event with the support will continue to grow and be a success for Lincoln County. Every dollar raised is donated to the fund and stays in West Virginia.

We will continue to feature a “Memory Lap,” which will consist of pre-printed signs placed around the Lincoln Primary Care Walking Track. With a donation, local businesses can advertise for their company at the event and, at the same time, support Hamlin.

If you are interested in contributing or obtaining a sign on the “Memory Lap,” please return the donation form to the address listed below by October 7, 2016.

Thank you for your time and cooperation. If you have any questions or need additional information, please call (304) 824-5806, ext. 1235.

11th Walk for Women
“Take a Step Against Breast Cancer”
October 16, 2016
At Lincoln Primary Care W.V.L.L.C., Center Walking Track
Registration begins at 10 a.m.
“Walk for Women” begins at 2:00 p.m.

Walkers, please dress in pink.

It’s a day of fun and support for the women in our community.

Memorial Lap
This year’s event will feature a “Memorial Lap,” which will consist of pre-printed signs placed around the Lincoln Primary Care Walking Track. With a donation, local businesses can advertise for their company at the event and, at the same time, support Hamlin.

What Are the Benefits and Risks of Screening?

Every screening test has benefits and risks, which is why it’s important to talk to your doctor before getting any screening test, like a mammogram. The benefit of screening is finding cancer early, when it’s easier to treat.

Harms can include false positive test results, when a doctor sees something that looks like cancer but is not. This can lead to more tests, which can be expensive, time-consuming, and may cause anxiety. Tests also can lead to overtreatment, when doctors find something that could become cancer, or a cancer that won’t get any larger or any worse, or may even go away on its own. This could lead to getting treatments you don’t need, which is called overtreatment. Overtreatment can include treatments recommended for breast cancer, such as surgery or radiation therapy. These can cause unnecessary and unwanted side effects if they could have been avoided. Women may also miss some cancers.

Other potential harms from breast cancer screening include pain during the procedure and radiation exposure from the mammogram itself. While the amount of radiation in a mammogram is small, there may be risks with having repeated X-rays. Sometimes it can be hard to decide if you should get a screening test. Talk to your doctor to understand the possible benefits and risks to make the right decision for you. (CDC)

What Are the Benefits and Risks of Screening?

- The Morning Star Community Church
- 301 Lower Big Ck. Rd., Interlaken
- Lincoln Primary Care W.V.L.L.C., Interlaken
- 9826 Straight Fork Rd., West Hamlin
- 4th Sun. in Sept. at 3pm.
- This event is free to the community.
- All women are welcome to participate.
- …and sometimes it can be hard to decide if you should get a screening test. Talk to your doctor to understand the possible benefits and risks to make the right decision for you. (CDC)

- Don’t miss your chance to be a part of the event that has your name on it.
- Services:
- Sunday 6pm; Tuesday 7pm; Wednesday 7pm
- Annual Homecoming 4th Sun. in Sept. at 3pm.
- Pastor Eugene & Brenda Byrd
- and congregation welcome everyone.

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Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. There are many types of HPV. Some HPV types can cause cancers on a woman’s cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts. HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can’t tell if you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer. Other things can increase your risk of cervical cancer—

• Smoking
• Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.

The Risk for Young Women

Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are a woman under age 45, you may have a higher risk if—

• You have close relatives (parents, siblings, or children) who were diagnosed with breast or ovarian cancer when they were younger than 45, especially if more than one relative was diagnosed or if a male relative had breast cancer.
• You have changes in certain breast cancer genes (BRCA1 and BRCA2), or have close relatives with these changes.
• You have an Ashkenazi Jewish heritage.
• You were treated with radiation therapy to the breast or chest during childhood or early adulthood.
• You have had breast cancer or certain other breast health problems such as lobular carcinoma in situ (LCIS), ductal carcinoma in situ (DCIS), atypical ductal hyperplasia, or atypical lobular hyperplasia.
• You have been told that you have dense breasts on a mammogram. (CDC)
Breast Cancer Screening Recommendations

The United States Preventive Services Task Force (USPSTF) is an organization made up of doctors and disease experts who look at research on the best way to prevent diseases and make recommendations on how doctors can help patients avoid diseases or find them early. The USPSTF recommends that women who are 50 to 74 years old and at average risk for breast cancer get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor or other health care professional about when to start and how often to get a mammogram. Women should weigh the benefits and risks of screening tests when deciding whether to begin mammograms at age 40.

Breast Cancer Screening Tests

Mammogram
A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat. Mammograms are very useful for finding out if you have breast lumps, especially those that are not felt in the breast. Mammograms can find tumors before they are large enough for you to feel them. Mammograms can also find breast cancer in women who have a BRCA1 or BRCA2 gene mutation (also called a genetic mutation). Women who have this genetic mutation have a much higher risk of getting breast cancer than women who do not.

A mammogram can help you decide if you need to get a breast MRI. A breast MRI uses magnets and radio waves to take pictures of the breast. A breast MRI is more sensitive than a mammogram for finding breast cancer in women who are at high risk for getting breast cancer because breast MRIs may appear abnormal even when there is no cancer. MRIs are used to help find tumors before they are large enough to be felt in the breast. When a mammogram shows an abnormality that cannot be felt in the breast, your doctor may recommend a breast MRI to see if there is cancer.

Breast Magnetic Resonance Imaging (MRI)
A breast MRI uses magnets and radio waves to take pictures of the breast. MRI is used along with mammograms to screen women who are at high risk for getting breast cancer. Because breast MRIs may appear abnormal even when there is no cancer, it is not used for women at average risk.

Where Can I Go to Get Screened?
You can get screened for breast cancer at a clinic, hospital, or doctor's office. If you are getting screened for breast cancer, call your doctor's office. They can help you schedule an appointment.

The mammogram is done using a machine that is called an X-ray machine. The X-ray machine is part of a mammography facility. The mammography facility is a place that is specially set up to do mammograms. It has special tables and plywood placed on the floor to hold the mammography equipment. The mammography equipment includes an X-ray machine that is used to make X-rays of the breast. The X-ray machine is controlled by a mammography technologist, who is an expert in mammography. The mammography technologist will talk to you about the process of getting a mammogram.

Tip for Getting a Mammogram
• You must have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
• On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.
• Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress to get your mammogram.
• Try not to have your mammogram the week before you get your period or during your period. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the X-ray for early signs of breast cancer.

What will the results of my mammogram be?
You will receive the results of your mammogram within a few weeks, although it depends on the facility. A radiologist or other professionals will review the X-rays to make sure there is no cancer. If there is cancer, you will hear from the mammography facility and your health care provider soon. If you do not receive a report of your results within 30 days, you should contact the mammography facility and who can I talk to if I am concerned about my mammogram.

What does having a mammogram mean?
Having a mammogram is an important part of taking care of your health. Although it is not possible to prevent breast cancer, mammograms can help find breast cancer early, when it is easier to treat. Mammograms can also find breast cancer in women who have a BRCA1 or BRCA2 gene mutation (also called a genetic mutation). Women who have this genetic mutation have a much higher risk of getting breast cancer than women who do not.

How is a mammogram done?
You will need to fill out a special X-ray machine form. This will be done by a mammography technologist. You will put on a gown in a changing room. You will then be taken to a mammography room. The mammography technologist will ask you to wait while they prepare the equipment.

What will it feel like to have a mammogram?
Getting a mammogram is very simple. It takes only a few moments, though the discomfort is over soon. What you feel depends on the skill of the technologist, the size of your breasts, and how much they need to be pressed. Your breasts may be more sensitive if you are about to get or have your period. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the X-ray and see how it compares with previous mammograms. This allows the radiologist to see if there is a change in your breasts.

What happens if my mammogram is abnormal?
If your mammogram is abnormal, you will need to see a mammography technologist again. The mammography technologist will ask you to wait while they prepare the equipment.

What happens if my mammogram is normal?
If your mammogram is normal, you will need to see a mammography technologist again. The mammography technologist will ask you to wait while they prepare the equipment.

Breast & Cervical Cancer Pink Issue
Screenings and Diagnosing Explained

Early detection can save lives.

In Loving Memory
Penny Hudson
April 2010

Where can I get a mammogram and who can I call if I have questions?
• If you have insurance, your doctor or health care provider can help you schedule a mammogram.
• If you do not have insurance, you can call 1-800-MEDICARE (1-800-332-8615). The Medicare.gov website (www.medicare.gov) has more information.

CDC: National Breast and Cervical Cancer Early Detection Program works with health departments and other groups to provide low-cost or free mammograms to women who qualify.

Where can I get mammograms?

For more information, call 1-800-4-Cancer (1-800-422-6237). TTY: 1-800-333-4479.
What puts me at greater risk?
Several factors may affect your risk of developing breast cancer, including:

- Getting older
- Not having children, or having your first child later in life
- Starting your first menstrual period at an early age
- Beginning menopause at a late age
- Having a personal history of breast cancer or certain benign breast diseases, such as atypical ductal hyperplasia
- Having close family relatives (such as a mother, sister, father, or daughter) who have had breast cancer
- Having a genetic condition, such as certain mutations in your BRCA1 or BRCA2 genes
- Having been treated with radiation therapy to the breast or chest
- Being overweight, particularly after menopause
- Using hormone replacement therapy for a long time
- Using oral contraceptives
- Drinking alcohol
- Being physically inactive

Lincoln County Opportunity Company, Inc.

360 Main Street Hamlin, West Virginia 25523
Phone: 304-824-3448 • Fax: 304-824-7662
William Carpenter - Executive Director

Do you mammogram?
Sisters of HOPE

FREE CLINICAL BREAST EXAMS

Friday, October 14, 2016
9 a.m. to 2 p.m.
Comprehensive Breast Center at
the Edwards Comprehensive Cancer Center

- All women are welcome.
- Breast exams are performed by local physicians and breast specialists.
- Free 3D mammograms will be scheduled for uninsured WV residents.
- Free valet parking.

Walk-ins are welcome, but appointments are preferred.

For more information or to register, call 304.526.2440 or 304.526.2271.