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Improving the health of Durham
& NC communities since 1989

October 2018
Healthy Sunday Topics: Breast Health Awareness & Breast Cancer Prevention
October is Breast Cancer Awareness & Domestic Violence Month!

Breast cancer is the leading cause of cancer death among women worldwide. African-American women are diagnosed at later stages and have a poorer outcome. Contrary to popular belief, only 10 percent of women diagnosed with breast cancer have a family history of the disease. Half of women with breast cancer have known risk factors.

FACTORS THAT INCREASE YOUR RISK OF BREAST CANCER:

1. **Obesity:** Women make estrogen in fat stores, especially after menopause. We know high estrogen levels increase breast cancer risks.
2. **Diet:** A high fat diet is also linked to breast cancer because fat helps estrogen in the colon be reabsorbed into the body, again increasing estrogen levels. In addition, women who eat cruciferous vegetables, broccoli, cabbage, cauliflower, and Brussel sprouts lower their risk because there is a compound in these vegetables that metabolizes estrogen in a healthy way.
3. **Sedentary lifestyle:** Women who are not physically active actually increase their risk by 10 percent.
4. **Menses:** Early onset of menses (before 12), late menopause (after 55) and no pregnancies increase risk. There is a slightly increased risk if the first pregnancy is after age 30.
5. **Gender:** Women are 100 times more likely to develop breast cancer than men. HOWEVER, men can develop breast cancer as well and any suspicious lump should be evaluated.
6. **Age:** There is an increased risk with age up to 70.



Sheila Allison, MD – OB/GYN at
UNC Women's Health at Brier Creek



Sheila Allison, OB/GYN at UNC Women's Health at Brier Creek recommends that women do the following things to reduce their risks of breast cancer.

1. Take a good look at your diet. Cut back on fatty foods and increase fresh vegetables, especially cruciferous vegetables.
2. Consider weight loss if appropriate. Not only will this decrease breast cancer risk but will also reduce the risk of other medical conditions such as high blood pressure and diabetes.

3. Get up and move! Regular exercise helps with weight which can reduce your breast cancer risk by 18%. Again, it also helps manage diabetes, high blood pressure and even depression and anxiety. A minimum of 30 minutes 4 times a week of continuous brisk activity is ideal.
4. Be diligent in doing monthly self-breast exams. Your surveillance is important. We only see you once a year. It is important that you let us know if anything looks or feels different in the meantime.
5. Get annual mammograms. Early detection is essential to a cure.

According to Dr. Christy Clayton, a Retired OB/GYN, “Breast Cancer occurs in 1 in 8 women. When you are that 1 it becomes a reality. The numbers, statistics do not favor black women. We as black women die from Breast Cancer.”



Christy Clayton, MD – Retired OB/GYN

Remember the ABC’s

- A** - Annual mammogram screening at age 40. And for those at high risk for breast cancer.
- B** - Be your own advocate and be aware of places and programs that offer free mammograms
- C** - Control your risk factors: maintain a healthy weight, exercise every day, limit or avoid alcohol, stop smoking, and eat a diet that is low in processed foods, sugar, and trans-fat. Counseling is a family affair; for you, your mother, your sister, your partner, and your friends.



For More Information:

- N.C. Breast and Cervical Cancer Control Program - bcccp.ncdhhs.gov - (919)-707-5300
- Durham Network of Care - NetworkOfCare.org
- American Cancer Society of North Carolina - 1-800-227-2345
- Personalize Your Breast Cancer Care - mybreastcancercoach.org

Save This Date: A Domestic Violence Event

Durham NC Chapter, The Links, Inc. & Durham Crisis Response Center Present A Domestic Violence Forum, *“Shining A Light on Domestic Violence”*, Saturday, Oct. 27th from 10am – 2pm at Holy Cross Catholic Church, 2438 S. Alston Ave. Durham, NC. FREE to the Public!



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Health Tip is a message from Community Health Coalition, Inc.
REMEMBER Healthy People 2020: A Clear Vision to Healthy Living