

October 2019

Office of Integrated Health



October is Breast Cancer Awareness Month

Breast Cancer Can Happen to Anyone! Early Detection Saves Lives!



Breast cancer is the most common type of cancer among women in the United States, and the second leading cause of cancer-related deaths. Early detection, diagnosis, and treatment for breast cancer can promote long and healthy lives (CDC, 2019).

Caregivers and healthcare professionals assisting in personal care and activities of daily living, have an opportunity to help assist individuals to detect early signs of breast cancer. According to the American Cancer Society, the most common symptom of breast cancer is a new lump or mass. This could present as a hard mass that has irregular edges. However, breast cancers can be tender, soft, or rounded as well. They can be painful or painless. It is important to have any new breast mass, lump, or breast change checked by a health-care professional experienced in diagnosing breast diseases (American Cancer Society, 2017).

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
 - Skin irritation or dimpling (sometimes looking like an orange peel)
 - Breast or nipple pain
 - Nipple retraction (turning inward)
 - Redness, scaliness, or thickening of the nipple or breast skin
 - Nipple discharge (other than breast milk)
- (American Cancer Society, 2017)

Promptly reporting any signs and/or symptoms mentioned above can save a life! As a caregiver you are the individual's leading healthcare advocate. If there are concerns, discuss them with the individual's primary care physician, women's health specialist, physician's assistant, or other healthcare professional.

Ensuring that mammograms are completed regularly is an important way to advocate for good health for individuals. A mammogram, (which is an X-ray picture of the breast), is the best way to find breast cancer early (CDC, 2019). The CDC recommends that a woman between the ages of 50-74 years, have a screening mammogram every two years, unless the individual has a family history which may put her at greater risk and may increase the frequency of mammograms. A 3D mammogram is an imaging test that is also now available. 3D imaging combines multiple breast X-rays to create a three-dimensional picture of the breast. Studies show that combining 3D mammograms with standard mammograms may reduce the need for additional imaging and may slightly increase the number of cancers detected during breast cancer screening. However, 3D mammograms are not covered by all insurance providers, so please check with the individual's insurance company for information (Mayo Clinic, 2018).

Individuals may face challenges that can make the process of getting a mammogram difficult.

Caregivers: let the scheduling staff, radiology technicians, or radiologist know if the individual can/cannot:

- Sit upright with or without assistance
- Lift and move arms
- Transfer from wheelchair
- Undress/dress without assistance

Important things to know when preparing for a Mammogram:

- Encourage the individual to wear a blouse that opens in the front.
- Encourage the individual to wear a bra that can be removed easily.
- The individual should not wear deodorant or body powder the day of the screening (CDC, 2019).

Did You Know?

- Per the CDC women with disabilities are less likely to have received a mammogram during the past two years (CDC, 2019).
- Per the National Core Indicators Virginia Report 2017-18, only 63% of women intellectually disabled, 40 and older had a mammogram screening performed in the past two years (NCI, 2019).
- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 62,930 new cases of non-invasive (in situ) breast cancer.
- About 2,670 new cases of invasive breast cancer are expected to be diagnosed in men in 2019. A man's lifetime risk of breast cancer is about 1 in 883 (Breast Cancer.org, 2019).

References

American Cancer Society (2017). *Breast cancer signs and symptoms*. Retrieved from: <https://www.cancer.org/cancer/breast-cancer/about/breast-cancer-signs-and-symptoms.html>

Breast Cancer.org (2019). *U.S. breast cancer statistics*. Retrieved from: https://www.breastcancer.org/symptoms/understand_bc/statistics

Centers for Disease Control and Prevention (2019). *Women with disabilities and breast cancer screening*. Retrieved from: <https://www.cdc.gov/ncbddd/disabilityandhealth/breast-cancer-screening.html>

Mayo Clinic (2018). *3D Mammogram*. Retrieved from: <https://www.mayoclinic.org/tests-procedures/3d-mammogram/about/pac-20438708>

National Core Indicators (NCI)(2018). Adult in-person survey: Virginia report 2017-18. Retrieved from https://www.nationalcoreindicators.org/upload/state-reports/2017_IPS_VA.pdf

Mobile App of the Month!!!



[Inclusion Toolkit on the App Store](#)

Have all the tools you need to be inclusive at your fingertips! The Inclusion Toolkit provides a way for you to categorize and save tips and links to resources to help you promote recreation inclusion for people of all abilities. Categories include: physical accessibility, adapted activities, adapted equipment, sensory and calming ideas, positive behavioral supports, policies & procedures, staff training, and more. You can also create your own categories.

YOU DON'T WANT TO MISS THIS!

On November 2, 2019, the Martinsville Mission of Mercy will partner with the Martinsville Community Care Collaborative to provide dental care to adults in the Martinsville area and surrounding locations. Adult patients ages 18 and over will be seen on a first-come first-served basis from 7am - 5pm. Dental exams, cleanings, fillings, OR extractions, as needed. Follow the link for more info!

<https://www.vdaf.org/martinsville-mission-of-mercy-mom-project.html>

DON'T FORGET!

Turn clocks back Saturday November 2nd before going to bed! Sunday November 3rd daylight savings time ends and you don't want to waste that extra hour, so use it to change batteries in smoke alarms and refresh items in emergency supply kits.



October Health Observances

National Down Syndrome Awareness Month

Spina Bifida Awareness Month
World Cerebral Palsy Day (Oct. 6)

International Infection Prevention Week (Oct. 13–19)

National Health Education Week (Oct. 21–25)