



For YOUR Health

A Health Promotion Newsletter

Volume 3, Issue 10

October 2011



Breast Health Month

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Throughout the millennium, breasts have been admired and are deemed a source of beauty. They do however; serve a purpose in the nurturing and health of future generations. In this issue, the Health Promotions Department will examine several aspects of good breast health.

October is

Breast Health Month at USNH Naples.

Good breast health begins with good general health. Your eating habits are very important to staying healthy. In order to maintain a healthy weight, try eating three small meals and three snacks each day. Include a mix of lean proteins, beans, fruits and veggies, dairy, whole grains, and foods with Omega-3 fatty acids. Avoid foods such as bacon and

sausage, sweets, high salt snacks, caffeinated beverages, and alcohol.

Exercise is extremely important to your health. It is recommended that you exercise daily. Walking at a brisk pace for 30-60 minutes is a great way to increase your heart rate. Besides burning calories, exercise will help reduce stress, build strong bones, increase your heart and lung capacity, reduce fluid retention, increase your HDL (good cholesterol) and decrease your LDL (bad cholesterol). It is vital to maintain a body mass index of 18.5-24.9. Physical inactivity and excess body weight account for approximately 25% to 33% of breast cancer cases.

Taking a daily vitamin is a great way to help your

health! There are 4 essential nutrients that women need more of to help their health—Calcium, Vitamin D, Magnesium, and Vitamin K. Unless your diet provides you with 100% of your daily need, you should consider taking a daily vitamin.

Finding time to relax and manage the daily stress that life brings on is another important way to stay healthy. Finding a balance of social, physical, creative, and spiritual activities is the best way to combat your stress. Dealing with your stressors each day will prevent the overwhelming feeling that stress can bring on.

Questions?

Contact Health Promotions @ napleshealthpromotions@med.navy.mil

Breast Health Month

Check out Health Promotion's Newsletter dedicated to

Breast Health!

Don't forget to check out our *Breast Cancer & Domestic Violence Walk/Run*

on 8 October 2011 from 09000—1200 at the SS Library Courtyard



Check with Your Provider about these Breast Changes

Lump (mass) or a firm feeling

- ◆ ...in or near your breast or under your arm)

A Change in Size or Shape of your breast Nipple...

- ◆ ...discharge that is not breastmilk
- ◆ ...changes, such as a nipple that points or faces inward

Skin changes

- ◆ Itching, redness, scaling, dimples or puckers on your breasts



Eat Healthy, Exercise, Avoid Obesity and Manage Stress for a longer, healthier life!

Source: CDC 2004



Breast Cancer

In the early stages of breast cancer there may be no symptoms at all. But as a tumor grows it can change how the breast feels or looks. Symptoms may include the following:

- 1). A new lump in the breast
- 2). A lump that has changed
- 3). A change in the size or shape of the breast
- 4). Pain in the breast or nipple that doesn't go away
- 5). Skin anywhere on the breast that is flaky, red or swollen
- 6). A nipple that is very tender or that suddenly turns inward
- 7). Fluid coming from the nipple when not nursing a baby

Most of these symptoms can be caused by conditions other than cancer but only a doctor can tell you for sure what the cause of your symptoms are. If you have any of the aforementioned symptoms please consult your primary care provider.

Breast cancer is not just an issue for females, it is an issue for men as well. While the occurrence of male breast cancer is only 1% of the male population it remains a real threat that needs to be addressed. The *American Cancer Center* notes that male breast cancer is less common than other male cancers, but the death rate is much higher for male breast cancer than for both prostate and testicular cancer. While

mammograms are not typically administered to males, the clinical and self breast exams can be used to detect lumps or abnormalities. Ask your primary care provider how to perform a self-exam.

Breast cancer doesn't discriminate between genders. Whether you are a male or a female you need to be aware of the signs and symptoms.

The popular slogan for October states that "The Best Protection is Early Detection" and it is absolutely accurate. If you have further questions, please contact your primary care provider.

In 2007, the CDC reported 202,964 women and 1,760 men developed breast cancer

There are **3 Main Tests** that are used to screen for Breast Cancer:

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 and before a lump is big enough to feel or cause symptoms. Mammograms cannot prevent breast cancer, but regular mammograms can reduce your risk of dying from breast cancer. If you are 40 years of age or older, be sure to get a mammogram every year.

Clinical Breast Exam A clinical breast exam is when a doctor or nurse uses his or her hands to feel for lumps or other changes.

Breast Self-Exam A breast self-exam is when you check your own breast for lumps, changes in size or shape, or any other changes in the breast or underarm (armpit). Ask your primary care provider how to perform this exam if you are not familiar with it.

More about Mammograms....

If your results are normal:

Your breast tissue shows no signs of a mass or calcification

If your results are not normal:

A breast change was found. It may be benign (not cancer), premalignant (may become cancer), or cancer. It is important to get all the follow-up test your health care provider asks you to.

What do mammograms show?

Lumps - The size, shape, and edges of a lump give the radiologist important information. A lump that is not cancer often looks smooth and round and has a clear, defined edge. However, if a lump has a jagged outline and an irregular shape, more tests are needed.

Calcifications—are deposits of calcium in the breast tissue. They are too small to be felt, but can be seen on a mammogram. There are 2 types:

- ◆ **Macrocalcification**—common in women over 50 and not related cancer
- ◆ **Microcalcification**—usually not a sign of cancer, but if found in an area of rapidly dividing cells, or grouped together more tests may be required.

A Word on Biopsies

What is a biopsy?

A breast biopsy is a procedure to remove a sample of breast tissue or an entire lump. To enable examination under a microscope to find out if the cells are cancer.

Common types of Biopsies:

Fine-needle aspiration biopsy—a simple procedure in which a needle is inserted into the breast to take out fluid and cells.

Core biopsy—also called a core needle biopsy, uses a needle to remove small pieces or cores of breast tissue. Samples are about the size of a grain of rice; bruising might occur but not a scar

Vacuum-assisted biopsy—uses a probe, connected to a vacuum device, to remove a small sample of breast tissue. A small cut is made to the breast that is much smaller than a surgical biopsy. It causes very little scarring

Surgical biopsy—an operation to remove part, or all, of the a lump, so it can be examined under a microscope to check for signs of disease. Sometimes a doctor will do a surgical biopsy as a first step.





Naples Community for a Cure

Breast Cancer



For More Information
Call: 629-6445/6315

and

Domestic Violence Awareness Walk/Run

Health Promotions and MWR are sponsoring
the annual Breast Cancer Awareness
Walk/Run

Saturday October 8

Support Site Library Courtyard

0900-1200



Join us in raising awareness and celebrating our survivors. Free give-aways will be available from Fleet & Family Services, MWR and Health Promotions.

"Day-of" registration for the run at the Library Courtyard

0900 Check-in

1000 Youth/Family 1 mile begins

Adult 5k to follow

\$5 per person/t-shirt



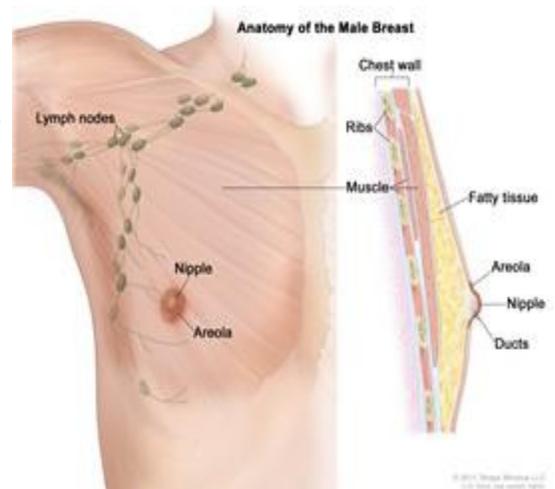


Breast Cancer is NOT just for Women!

When one thinks of breast cancer, one automatically assumes that it's a "woman's" disease. Nothing could be further from the truth.

Although it is not as common,
Breast Cancer can and does affect MEN.

- ◆ Male breast cancer is a disease in which cancer cells form in the tissues of the breast.
- ◆ Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of developing breast cancer
- ◆ Male breast cancer is sometimes caused by inherited gene changes
- ◆ Men with breast cancer usually have lumps that can be felt
- ◆ Tests that are used to examine, detect and diagnose breast cancer in men are:
 - ◆ Biopsy (see page 2 for more information on biopsies)
 - ◆ Estrogen and Progesterone Receptor Test
 - ◆ HER2 test: a test to measure the amount of HER2 in cancer tissue. HER2 is a growth factor protein that sends growth signals to cells
- ◆ Survival for men with breast cancer is similar to survival for women with breast cancer
- ◆ Certain factors affect the chance of recovery and treatment options
 - ◆ The stage of the cancer (whether it is in the breast only or has spread to other places in the body)
 - ◆ The type of breast cancer
 - ◆ Estrogen receptor and progesterone receptor levels in the tumor
 - ◆ Whether the cancer is in the other breast
 - ◆ The patient's age and general health



COMMON MYTHS OF BREAST CANCER



MYTH: “I’m too young to get breast cancer”

TRUTH: While it is true that up to 78% of breast cancer cases are found in women in their 50’s, there is still a significant number of cases found in women under the age of 30. In fact, most breast cancers found in younger women are more advanced. This may be the result of delay in diagnosis because they have not been part of a regular screening process such as breast self-exam.

MYTH: “I don’t need a mammogram because I don’t have any symptoms.”

TRUTH: Mammography can detect breast cancer up to two years before you or your doctor can feel a lump.

MYTH: “Only women with a family history get breast cancer.”

TRUTH: Over 80% of women who develop breast cancer have no family history, and 70% of women have none of the identifiable risks factors. If you do have a family history, your chances are increased. You should get screening mammograms earlier than other women. You also may want to ask your doctor to test you for the BRAC1, BRAC2 and P53 genes and changes in the genes, if you do have them. These genes are responsible for over 90% of inherited cancer. If you have inherited these genes, your chances are increased 85% - 90% that you will get this disease by the age of 60. If you do not have these genes, your risk is only slightly higher than for all women.

MYTH: “Only women get breast cancer.”

TRUTH: Men DO get breast cancer! Although it is rare, approximately 1% of all breast cancers are found in males, and almost 2,000 males will be diagnosed each year. If you notice a lump in your partner’s breast tissue, make sure he sees a doctor.

MYTH: “Mammography give off unsafe levels of radiation”

TRUTH: The radiation exposure from mammography equipment is very small. It is far more dangerous to allow breast cancer to go undetected than to be exposed to the very low dose of radiation.

MYTH: “An injury to the breast can cause breast cancer.”

TRUTH: Sometime trauma to the breast may result in detections of breast cancer, but this is not due to the injury. Rather it is because the breast is being examined and followed more closely than usual.



Breast Implants

Breast implants are medical devices that are implanted under the breast tissue or under the chest muscle to increase breast size (augmentation) or to rebuild breast tissue after mastectomy or other damage to the breast (reconstruction). They are also used in revision surgeries, which correct or improve the result of an original surgery.

There are two types of breast implants approved for sale in the United States: saline-filled or silicone gel-filled. Both types have a silicone outer shell. They vary in size, shell thickness, and shape.



There are several things to consider before getting breast implants:

- ◆ Breast implants are not lifetime devices; the longer you have implants, the more likely it will be for you to have them removed and experience local complications and adverse outcomes
- ◆ The most common complications and adverse outcomes are capsular contracture, reoperation, implant removal, and rupture or deflation of the implant. Other complications include wrinkling, asymmetry, scarring, pain, and infection at the incision site.
- ◆ If you have breast implants, you will need to monitor your breasts for the rest of your life. If you notice any abnormal changes in your breasts, contact your doctor promptly
- ◆ With silicone gel-filled breast implants, you will need to undergo periodic MRI examinations in order to detect ruptures of the implant that do not cause symptoms.

www.fda.gov

Breast Pain Cyclic or Non-Cyclic

Cyclic pain is pain that fluctuates with your menstrual cycle. It usually begins during ovulation and increases until the onset of the menstrual cycle. Cyclic pain subsides after the menstrual cycle. Women report cyclic pain to be mostly located in the upper and outer portion of the breast, next to the armpit. The pain is described as dull and the breasts feel, "sore."

Non-cyclic pain is unrelated to hormonal changes. It is usually felt in only one breast and the tenderness is felt in a specific area of the breast. The most common causes of non-cyclic breast pain are:

- ◆ **Trauma**—pain is described as sore, bruised or stabbing pain and is usually due to calcification resulting from surgery or other trauma
- ◆ **Macrocysts**—one of the most common forms of non-cyclic breast pain. Cysts are confirmed through ultrasound and can be treated by aspiration
- ◆ **Periductal mastitis**—can cause severe pain. It occurs in non-lactating women when the milk duct near the nipple become inflamed. It is usually accompanied by a mass near the nipple, retraction of the nipple and discharge, redness and warmth of tissues. Pain is described as throbbing
- ◆ **Sclerosing adenosis**—characterized by a firm, painful small mass, 2cm or less that is attached to the surrounding tissue
- ◆ **Pregnancy & breastfeeding**—the discomfort felt is termed, "puerperal mastitis". Wear a comfortable, supportive bra.
- ◆ **Cancer**- only 7% to 10% of women with breast cancer report breast pain.



Breastfeed for YOUR Health

The decision to breastfeed your baby provides great benefits for your baby and for YOU!

- ◆ Nursing uses up extra calories, making it easier to lose the weight gained from pregnancy. It also helps the uterus to get back to its original size and lessens bleeding after delivery.
- ◆ Breastfeeding lowers the risk of type 2 diabetes, heart attack and aspects of metabolic syndrome.
- ◆ Breastfeeding lowers the risk of breast and ovarian cancers, and decreases the risk of hip fractures and osteoporosis after menopause.
- ◆ Breastfeeding requires you to take time out to relax and bond with your baby.
- ◆ Moms who breastfeed usually have an increased self-confidence and feelings of closeness and bonding with their baby.



Did You Know?

The hospital has Certified Lactation Counselors (CLC's) in the hospital that are available to provide assistance if you have questions or are having trouble breastfeeding. Similar services are provided by Fleet and Family Support Center and the NMCRS Visiting Nurses.

Sempre Latte is a support group where moms that are breastfeeding gather to share experiences, ideas and have their questions answered by a CLC.

For more information contact Health Promotions at 629-6445

Fitting A BRA

Many women take for granted the importance of a proper-fitting bra. An ill-fitted bra is not only unflattering but can also cause real physical damage to your back, shoulders and the breast themselves. Too small, and the bra straps will dig into the shoulders. Too large and lack of support will cause the breast tissue to stretch. Both of these situations can be very painful. Besides, what do the A,B,C, D and so on really stand for? Well, NH Naples Health Promotions department decided to look into this. There are 4 steps to calculating your bra size.

Measurement 1: Measure under your bust line and make sure to measure tightly

Apply the general rules of rounding; less than ½ round down, ½ or above round up.

Band Size: Take the measurement from measurement 1;

- ◆ if it is less than 33 inches, add 5 inches;
- ◆ if the measurement is more than 33 inches, add 3 inches.
- ◆ If the measurements are odd, then round up to the next even number

Measurement 2: Measure over the bust line

Cup Size: Subtract Measurement 1 from measurement 2 and consult the following chart to determine the cup size.

Subtract Measurement 1 from Measurement 2.

If Measurement 2 is:

0" larger than Measurement 1.....AA
 1" larger than Measurement 1.....A
 2" larger than Measurement 1.....B
 3" larger than Measurement 1.....C
 4" larger than Measurement 1.....D
 5" larger than Measurement 1..... DD
 6" larger than Measurement 1.....F

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Contact us to sign up for one of our classes!

Comm: 081-811-6315/6445

DSN: 629-6315/6445

E-mail:

napleshealthpromotions@med.navy.mil

Up Coming Events

Sempre Latte - Wednesdays

Breast Feeding Class 10/18 0900-1200

2nd Trimester OB 10/03 0900-1200

3rd Trimester OB 10/17 0900-1200

Infant CPR Class 10/17 1300-1600

Expectant Father Class 10/14 0900-1200

Smoking Cessation—walk-in

Breast Cancer / Domestic Violence Walk/Run 10/08



Recenter
and
Reclaim Yourself
with Meditation



Every Monday @ 1900 in the Support Site Side Chapel.

Please come at 1830 if it is your first session.

Check out our Website!
www.naples.med.navy.mil
And click on
Health Promotions

Ready to Quit Tobacco?



Check out Health Promotions Individual Tobacco Cessation Counseling!
Call Health Promotions to set up your first visit today!

Sempre Latte

A Breastfeeding Support Group

Breastfeeding Moms

Meet in the Health Promotions Classroom every WEDNESDAY from 1100-1200 for the opportunity to talk to other Moms about breastfeeding.



A Certified Lactation Counselor will be available to answer any questions you may have.



SPOUSE fit for life



A 10-week nutrition and fitness program conducted by certified fitness professionals. Every Wednesday at the Fitness Forum. Call the Fitness Forum or Health Promotions for more information.

Frequently Called USNH Numbers

Central Appointments	629 6000
Emergency Room	629 6150
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225



QUIT TOBACCO.

make everyone proud

www.ucanquit2.org



Are you interested in Healthy Eating and Fitness Classes?
Contact Health Promotions to sign up for the next
Ship Shape Class