

# Wellness News



Think Pink!

Issue X ■ October, 2021: Breast Cancer Awareness

## Issue X

### Breast Cancer - What to know

#### What Is Breast Cancer?

Breast cancer is a disease in which atypical cells within the breast grow out of control. Cancer typically starts in the body when older, abnormal cells stick around and crowd our normal cells. These cells usually will form a tumor that can be seen on an x-ray or felt as a lump in the breast. Although most breast cancer cases happen in women, men can also develop this disease as well.

#### Facts and Figures

Each year in the United States, about 255,000 breast cancer cases are diagnosed in women and about 2,300 in men. Breast cancer is one of the most common cancers among American women and in recent years, incidence rates have increased by 0.5% per year.

[How Common Is Breast Cancer? | Breast Cancer Statistics](#)

#### Signs and Symptoms

- Thickening or swelling of part of the breast
- New lump found in breast or underarm area
- Redness or skin irritation of breast or nipple (flaking of skin, dimpling)
- Nipple discharge, including blood
- Change in size or shape of the breast
- Pain in breast or nipple

#### October Awareness Dates:

**October 10, 2021:** World Mental Health Day

**October 13, 2021:** Metastatic Breast Cancer Awareness Day

**October 15, 2021:** National Mammography Day

## Risk Factors

### Factors that Can Be Controlled to Reduce Risk:

- **Physical Activity** - women who are not physically active are at higher risk
- **Maintaining a Healthy Weight** - healthy eating habits and daily exercise
- **Avoiding alcohol use** - frequent alcohol consumption increases risk for breast cancer

### Risk Factors you Cannot Change:

- **Agging** - most cases are diagnosed after age 50
- **Genetic mutations** - mutations to certain genes, like BRCA1 and BRCA2
- **Having Dense Breasts** - more connective tissue than fatty tissue can make it hard to see tumors on a mammogram
- **Family History** - having a family member who has had breast or ovarian cancer raises risk
- **Previous Radiation Therapy** - radiation therapy to the chest or breasts prior to age 30 increases risk

[What Are the Risk Factors for Breast Cancer? | CDC](#)

## Exams and Screenings

Early detection through screenings and exams is the best way to stop cancer in its tracks while it is easier to treat! Read through the list of screenings and exams below, then talk to your doctor about what is right for you.

- Mammogram: X-Ray of Breast
- Breast MRI (Used for High-Risk Women alongside Mammogram): Magnets and radio waves take pictures of the breast
- Clinical Breast Exam: Examination done by a doctor or nurse who uses their hands to feel for any lumps or changes
- [Self-Breast Exam](#): Becoming familiar with how your breasts look and feel. Do you notice any changes?

Click [here](#) for more information on Breast Cancer Screening Guidelines for Women.



## Utilizing Support and Resources

Receiving a cancer diagnosis can bring on a variety of different emotions to not only those directly affected, but also caregivers and loved ones. Be sure to check out the National and CareFirst resources below. **Always contact and work with your personal doctor if you have any signs or symptoms.**

### National Resources

- Centers for Disease Control and Prevention  
[Breast Cancer | CDC](#)  
[Breast Cancer Resources to Share | CDC](#)
- American Cancer Society

[Breast Cancer | Breast Cancer Information & Overview](#)

[Breast Cancer in Men](#)

## CareFirst Resources

- [Find A Doctor or Healthcare Facility](#) – Search by provider last name or type of provider within your network. Also search for health care facilities, including hospitals, urgent care, and labs. This tool can be found by logging in to MyAccount and selecting the *Doctor tab*. Once selected, click on *Find a doctor* to get started!
- [CareFirst Video Visit](#) – Get the care you need at your fingertips. To get started, log in to MyAccount and register for CareFirst Video Visit. From sudden colds to allergy woes, simply sign in to connect with a doctor on your smartphone, tablet or computer right away. For mental health, diet/nutrition, or breastfeeding support, schedule a visit and meet with a licensed professional from the comfort of your home.
- [AskMD](#) – To access AskMD, log in to your CareFirst Well-being platform and click on the *Discover tab* then *AskMD*. More than just your standard symptom checker, AskMD gets you from "what's wrong" to what you can do about it. Not meant to be used as a diagnostic tool but rather to be used to provide guidance for a conversation with your doctor.
- [Inspirations](#) – From the digital well-being platform (log in to MyAccount and register for your personal wellness account). Soothing video content in the palm of your hand designed to help reduce and eliminate daily stress.

## New to CareFirst Wellness!

### Wallet

Under "Health Profile" in the CareFirst well-being platform there is a new feature, **Wallet**. In Wallet, you can upload 4 images such as your vaccination card, insurance card, and even your driver's license to have pictures at your fingertips. Be sure to check out this new feature next time you are in your CareFirst well-being platform powered by Sharecare!