

CHICS NEWS

Celebrating Hope in Cancer Survivors



Through the years we have grown by the number of attendees at our monthly meetings. We continue to produce and distribute a monthly newsletter, participate and plan local events, and established a Phone Bank, which is used

as a support resource for newly diagnosed breast cancer patients. We also provide and fill tote bags with information for newly diagnosed women that are distributed through the breast center.

UP COMING EVENTS

September 28th-30th

2018 Living Beyond Breast Cancer Conference



Whether you are recently diagnosed with breast cancer, are in treatment or years beyond it, you have questions. The 2018 Living Beyond Breast Cancer Conference addresses them. Leading medical professionals, people affected by breast cancer, and caregivers share their experiences, knowledge and concerns with one another.

UP COMING MEETINGS

September 11th



Kathryn Peroutka, MD advances in Chemotherapy.

October 9th



Pastor Dave Hess shares his story.

November 13th



Stress reduction in cancer prevention and treatment with Take Charge

The mind is everything. What you think you become. -Buddha

News & Education Know Your Lemons

As we are fast approaching October, which is National Breast Cancer Awareness month, we wanted to focus on some of the tools available to patients to help them understand what breast cancer can look and feel like. Picture A on Pg. 3 is the *Know Your Lemons* poster that was created by the Worldwide Breast Cancer organization to help represent the many varieties of cancerous growths that can present as breast cancer. Each

lemon represents a breast and features abnormalities associated with cancerous growths, from the sudden presence of a thick mass or a small bump to recently developed dimples or a new indentation. Some of the lemons' ailments are obvious and visually alter the skin, while others are a bit less conspicuous. While all 12 lemons can illustrate cancerous tissue growths, they also can all be benign.

News & Education Cont. Mammograms

Know Your Lemons Cont.

The important lesson to learn from the *Know Your Lemons* poster is how to recognize when something may not be quite right in order to take action as soon as possible, as time does matter when dealing with cancer. The earlier detection occurs, the quicker diagnosis and treatment, if necessary, can take place.

The Worldwide Breast Cancer organization also has several other infographics about early breast cancer detection and what to look for when performing self-breast exams (Picture B: Pg.3), again using a lemon to represent the breast. For more infographics and information on what you can do as a patient and survivor to promote early detection of lumps and bumps, please visit:

<https://www.worldwidebreastcancer.org/>

Routine screening mammograms are also a recommended option for even earlier detection of breast cancer that may be present, even before a lump may be felt. The American Cancer Society recommends the following for women at an average risk level of developing breast cancer:

Ages 40-44 have the option of getting a routine mammogram on an annual basis

Ages 45-54 should have mammograms every year

Ages 55 and older can continue the yearly mammograms or switch to an every other year cycle as long as they are in good health and expected to live longer than the next 10 years from that point.

Mammograms can help detect breast cancer at an early stage, the point when treatment will be most effective. They are not perfect, and may miss a tumor or present a misdiagnosis in some cases.

In order to determine what next steps to take, talk to your physician or oncologist.

For more information on risk assessment and what to do for routine screening as a high risk patient, visit the following link for more information:

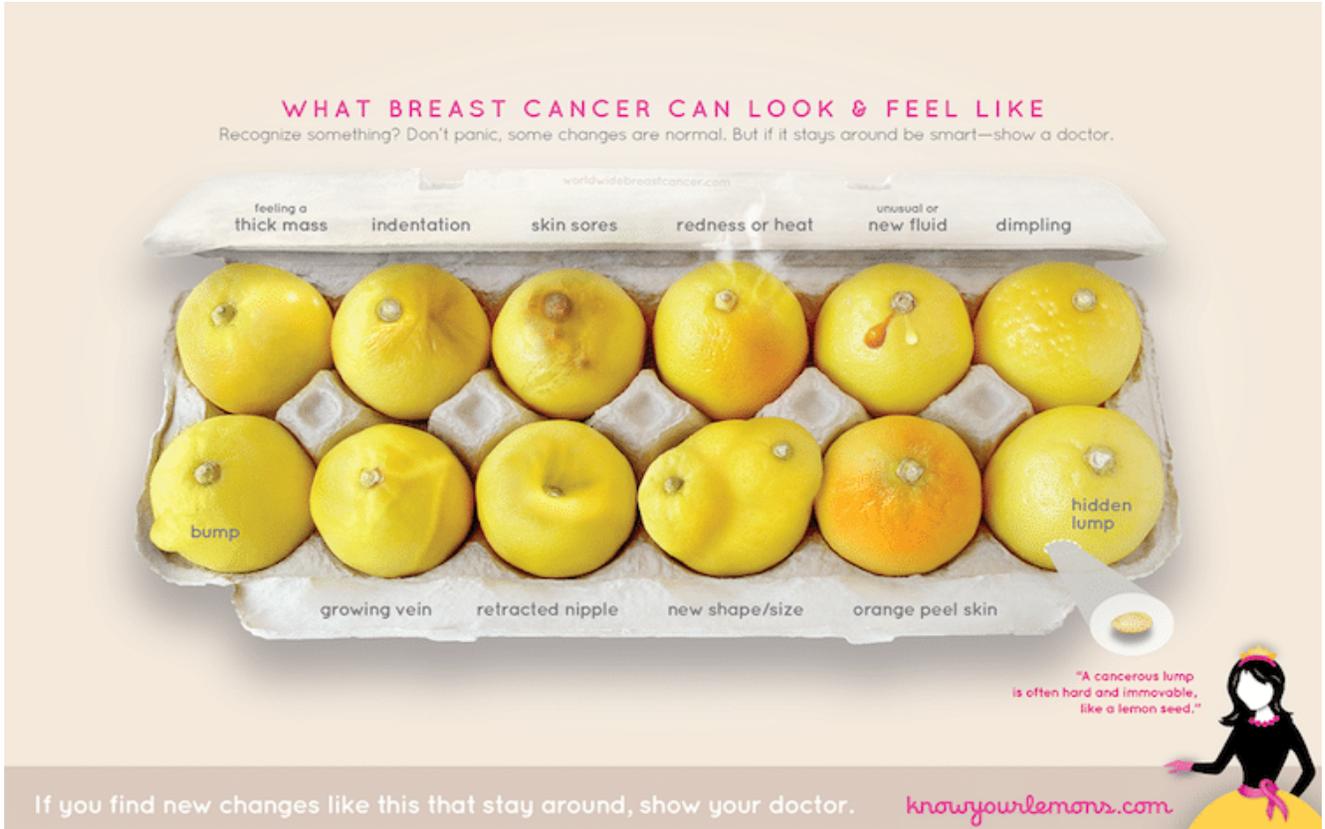
<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>



Notes:



Picture A:



Picture B:

