



Well Being Fortnightly

**Well Being Edition 3— 16th October 2020
(Breast Cancer Awareness Edition)**

Welcome

A very warm welcome to our third Well Being Newsletter of 2020/21. With it currently being Breast Cancer Awareness month; we have dedicated a whole edition to this very important issue. We start as always with our quote:

“Challenges are what makes life interesting and overcoming them is what makes life meaningful”

Anonymous



Spot those Symptoms

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit, or a discharge from the nipple. Even if none of these symptoms present themselves, a doctor should be visited to be sure. A doctor will most likely perform a manual exam and send you for a mammogram. A mammogram examination is painless and only takes about ten minutes.



If any of these symptoms do present themselves there's no need to panic. Plenty of time, pain or a lump in a breast can be perfectly harmless. The pain can be a sign of a cyst or the lump can be benign. It's always better to be sure though.

If the mammogram shows a lump, your doctor will order a biopsy. This test will show if the lump is benign (harmless) or malignant (cancerous). If the lump is cancerous there's still no reason to panic. Early detection is a life saver. By way of a simple operation the lump is removed after which the doctor will discuss further options with you.

If you've never had a mammogram, make an appointment during breast cancer awareness month 2020. You can take a friend or family member with you and afterward you'll have peace of mind.

Supporting Statistics

The following statistics support why it is important to get checked.

- Every ten minutes a woman is diagnosed with breast cancer in the UK
- Breast Cancer is the most common cause of cancer in women. Out of 184 countries in the world, research has shown it's the most commonly diagnosed form of cancer for women.
- Approximately 54,700 women were diagnosed in 2017 in the UK.
- In 2017, 390 men were diagnosed. This illustrates that Breast Cancer is not exclusive to women.
- Roughly, around 23-37% of cases of Breast Cancer are prevented.
- Most breast cancer cases affect women who are over the age of 50.
- Breast Cancer is caused by a combination of genes, environment and lifestyles.



A Cure Worth Fighting For.



Super Support

There are a number of support network out there should you have any questions, queries or concerns around Breast Cancer. One of these is MACMILLAN CANCER SUPPORT who offer a wealth of experience and expertise to help you should either you, a relative, friend or partner be going through breast cancer.

The site offers a number of really good sections including

- Ask an expert
- Blogs
- An online support group
- A general help section

Other ways they can help include:

Ways we can help

			
Looking after someone with cancer? >	Worried about money? >	Worried about work? >	Talking to children about cancer? >
If you look after a loved one with cancer, you may need support too. We have information to help carers.	We have tools and resources to help you to plan and manage your finances when you have cancer.	There are laws in place to support you. Find out about your rights at work and how your employer can support you.	Talking to children and teenagers about cancer can be challenging. We have tips to help you.



The site can be accessed by [CLICKING HERE](#)

Wear it Pink

On 23 October, all across the Rivermead Inclusive Trust we will wear it pink, raise money and make life-saving breast cancer research and life-changing care happen.

Why? Because breast cancer is still here. It's still tearing apart the lives of families and it's still taking the lives of the women and men we love on a heartbreaking scale.

We will be wearing it pink this October. Will you join us?



Ready Resources

Getting pupils aware of their bodies and how to keep healthy is something that we want to encourage from an early age. Twinkl have a range of resources which fit in with keeping healthy as well as resources directly linked to Breast Cancer Awareness month.

These resources can be accessed by clicking on the link below:

<https://www.twinkl.co.uk/event/breast-cancer-month-2020>



Caution: Some of these resources may cause upset to pupils who may have family members or people they know going through breast cancer or any other cancers. Please discuss the use of the resources with your SLT before using.



Awareness is Power.



Digestible Documents

We look at a key article around the causes and risk factors linked to Breast Cancer.

The precise causes of breast cancer are unclear, but we know the main risk factors. Still, most women considered at high risk for breast cancer do not get it, while many with no known risk factors do.

The main risks are being older and having breast cancer in your family. The risk goes up for women with certain types of benign breast lumps and for women who have had ovarian cancer. And if you've had breast cancer, you can get it again.

What Are the Chances of Getting Breast Cancer?

In 1940, the lifetime risk of a woman developing breast cancer was 5%. Now the risk is about 12%. In about half of the cases, the woman has no known risk factors.

Risk Factors You Can't Change

Being a woman.

Men can get breast cancer too, but it's 100 times more likely to affect women.

History of breast cancer.

A woman who has had cancer in one breast, such as ductal carcinoma in situ (DCIS) or invasive breast cancer, is three to four times likelier to develop a new breast cancer, unrelated to the first one, in either the other breast or in another part of the same breast. This is different than a recurrence of the previous breast cancer.

Age.

Your risk goes up as you age. About 77% of women diagnosed with breast cancer each year are over 50, and more than 40% are 65 and older. In women ages 40 to 50, there is a 1 in 68 chance of developing breast cancer. From 50 to 60, that goes up to 1 in 42. From 60 to 70, it's one in 28. And in women 70 and older, it's 1 in 26.

Direct family history.

Having a mother, sister, or daughter ("first-degree" relative) with breast cancer puts a woman at higher risk. It's even greater if this relative developed breast cancer before 50 and had cancer in both breasts. Having one first-degree relative with breast cancer roughly doubles your risk, and having two first-degree relatives triples your risk. Having a male blood relative with breast cancer will also increase the risk.

Genetics.

About 5% to 10% of breast cancer cases are inherited. Carriers of alterations in either of two genes, called BRCA1 or BRCA2, are at higher risk. Women with an inherited alteration in the BRCA1 gene have a 72% chance of developing breast cancer by the time they're 80. There's a 69% chance that a woman with an inherited alteration in the BRCA2 gene will get breast cancer by that age.

Dense breasts.

Your breasts are a mix of fatty, fibrous, and glandular tissue. Dense breasts have more glandular and fibrous tissue and less fat. A woman with dense breasts is 1.5 to 2 times more likely to get breast cancer. Breast lesions. Having atypical hyperplasia (lobular or ductal) or lobular carcinoma in situ increases a woman's breast cancer risk by four to five times.

Distant family history.

This refers to breast cancer in second- or third-degree relatives such as aunts, grandmothers, and cousins. Previous abnormal breast biopsy. Women with earlier biopsies showing any of the following have a slight increased risk: fibroadenomas with complex features, hyperplasia without atypia, sclerosing adenosis, and solitary papilloma.

Reproductive history.

The more estrogen your body has made over time, the higher your risk. Getting your period before age 12, starting menopause after age 55, and never being pregnant raise your lifetime exposure to estrogen and breast cancer risks.
Radiation treatment. If you had radiation treatment to your chest before age 30, usually as treatment for cancers such as lymphoma.

Other cancer in the family. If a family member had ovarian cancer before age 50, your risk is increased. Heritage. In the U.S., white and African-American women are more likely to get it than Hispanic, Asian/Pacific Islander, and Native American women.

Exposure to diethylstilbestrol (DES). *Many women received this drug between 1940 and 1971 to prevent miscarriage. If you or your mother got it, your odds of breast cancer go up.*

Risk Factors You Can Change

Weight.

Being overweight after menopause increases your odds.

Drinking alcohol.

Alcohol is linked to breast cancer. Compared with nondrinkers, women who drink one alcoholic drink a day have a very small increase in risk, and those who are moderate drinkers (2 to 3 drinks a day) have about a 20% higher risk.

Hormone replacement therapy (HRT).

Long-term use of estrogen and progesterone increases the risk of breast cancer. This risk seems to go away if you've stopped using them for 5 years or longer

Being inactive.

Your odds go up if you don't exercise.

Reproductive history.

Having your first child after age 30 or never having a full-term pregnancy puts you at higher risk. So does not breastfeeding.

Factors Not Related to Breast Cancer

These things do not affect your risk of breast cancer:

- Using antiperspirants
- Wearing underwire bras
- Having an abortion or miscarriage
- Having fibrocystic breast changes (dense breast tissue with benign cysts)
- Multiple pregnancy
- Coffee and caffeine
- Using hair dye