

Finding Your Path to Breast Health

9 STEPS FOR HEALTHY LIVING: FOR YOUR BREASTS AND YOUR GLOBAL HEALTH



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WHAT DO YOU BELIEVE?



Ask yourself not what you KNOW, but what you
BELIEVE.

FACT OR MYTH?

- Breast cancer patients are:
 - Sick
 - More likely to die
 - Those that survive will live with chronic illness
- You ARE and you SHOULD BE terrified of a breast cancer diagnosis
- There is NOTHING you can do about it.



FACT OR MYTH?

***BREAST CANCER
IS A DEATH
SENTANCE***



At a glance:

- 2013:
 - ▣ 232,240 new breast cancer cases (14 %)
 - ▣ 39,620 deaths (6.9%)
- There are an estimated 2,829,041 women currently living with a breast cancer diagnosis in the US
 - ▣ 89.2% of women diagnosed between 2003 and 2009 survived at least 5 years



But what does that mean?!?

The lifetime risk of dying from breast cancer : **1 in 36 (2.7 %)**



- The expectation?

SURVIVAL

FOR YOUR BREASTS...

Men and women should both recognize the signs and symptoms of breast cancer.

Common symptoms:

- ❑ Lumps, hard knots or thickening
- ❑ Dimpling or puckering of the skin
- ❑ Changes to your nipple, such as redness, scaling or a nipple that turns inward
- ❑ Nipple discharge that starts suddenly

Less common symptoms:

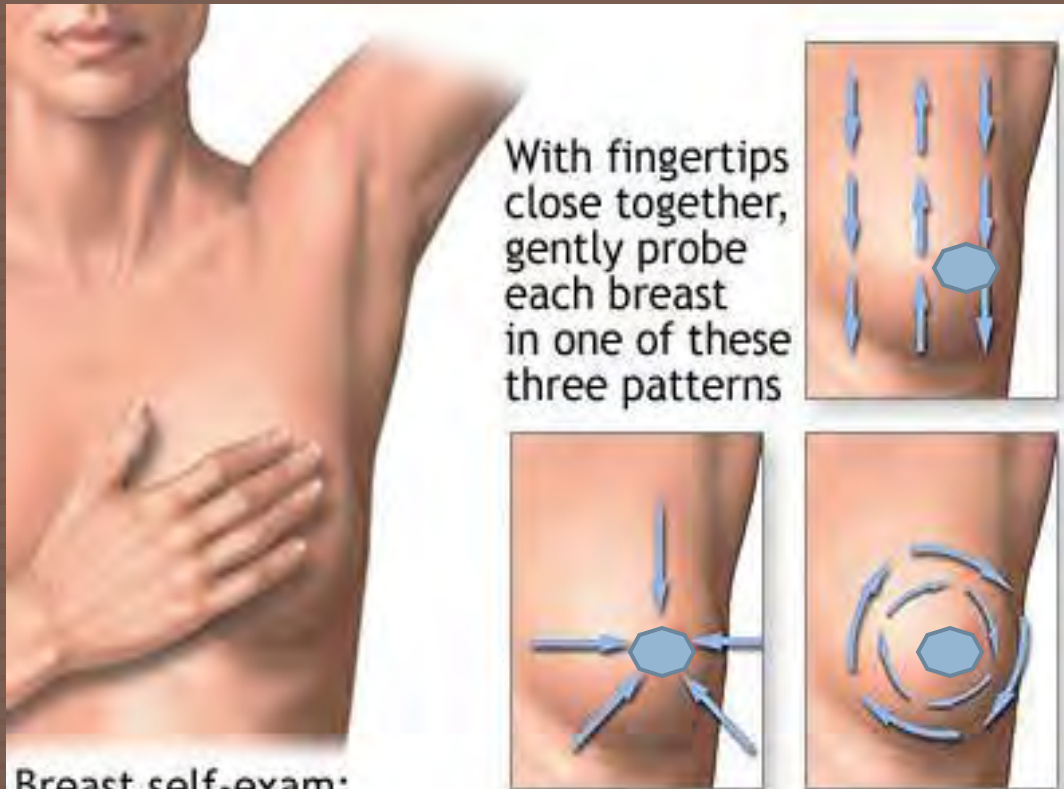
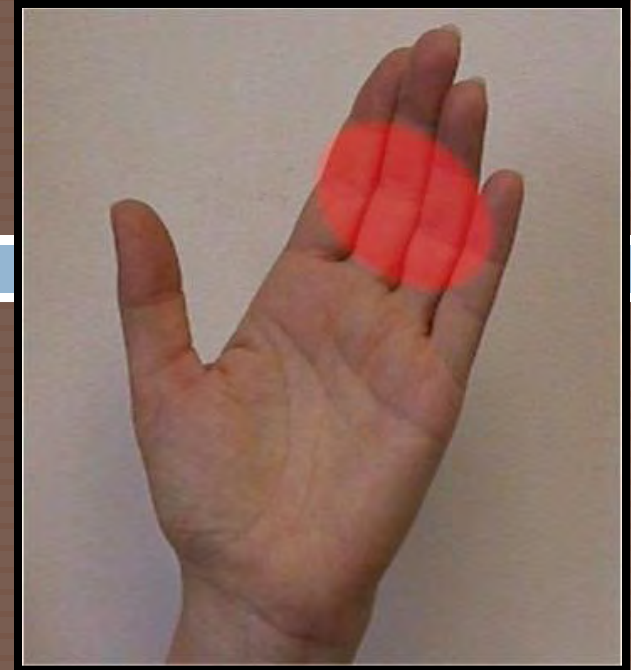
- ❑ Swelling, warmth, redness or darkening
- ❑ Change in the size or shape of the breast
- ❑ Itchy, scaly sores or a rash on the nipple
- ❑ Pulling in of your nipple or other parts of the breast
- ❑ New pain in one spot that doesn't go away
- ❑ Lumps under the arm only

Early Detection Guidelines *

- **Monthly breast self-examination starting at age 20**
 - All women should report changes and new breast symptoms
- **Clinical breast examination by a health care provider**
 - For women in their 20s and 30s, a breast exam should be performed at least every 3 years
 - For women 40 years of age and older, a breast exam should be performed yearly
- **Mammography**
 - Annual mammograms should be performed in women who are 40 years of age and older, have an average risk, and do not have symptoms

* ACS early detection guidelines. Discuss with your provider if these are appropriate for you or if you should follow an alternative plan.

Breast Self Exam



Breast self-exam:
Manual inspection
(standing)

What Are You Looking For?

- A change from last month's examination
- A lump or thickening
- A change in the size or shape of your breast
- Spontaneous nipple discharge
- Dimpling, puckering
- Severe dryness, rash, ulcer of the skin or nipple
- Localized pain in breast

Partner with Your Doctor

Your doctor can promote breast health by:

- Reviewing your personal and family medical history
- Performing a clinical breast exam
- Ordering a mammogram
 - Baseline mammogram at age 40
 - Annual or bi-annual mammograms after age 40



**If you are at increased risk your doctor will help determine your clinical examination and mammogram schedule*

FOR YOUR GLOBAL HEALTH...



THE NINE STEP WORKOUT PLAN

Healthy living is *everyday* living.

- Changing behavior and attitudes towards your bodies and your health should not wait until after you hear that you have a medical diagnosis.
- Each woman deals with their health care journey in unique ways – but the key element remains an understanding that healthy living is a journey that does not *define* you but *enhance* you.



Step one: The New Normal

- Acknowledge/admit that you have changed.
 - Physical
 - Emotional
- You may have a HOST of emotions: anger, sadness, joy, anxiety, worry, fear.
- You may not trust your body
- You may not particularly like your body
- Once you acknowledge that you are not exactly the same as you were at your peak — you have embraced the first step of healthy living.



Step two: Be a REALIST

- RECOGNIZE THAT THE LIFE YOU HAVE LIVED IS SOMETHING “REAL” AND MAY HAVE IMPACTED YOUR HEALTH DECISIONS
- To have an expectation that major life events do not impact who you are, how you feel and shape you is unrealistic.
- Be mindful however: acknowledgement does not mean being a “wallower”.
- If you get stuck... you cannot grow.
- You cannot make the changes you need to make to embrace your health and survival

Step three: Be Aware not Afraid

- Be aware of common body changes as we age:
 - Fatigue
 - Hair loss, body changes
 - Memory and concentration changes
 - Discomfort/pain
 - Weight changes
 - Changes in eating habits and tastes
 - Menopausal symptoms
 - Bowel or bladder symptoms
 - Changes with intimacy
 - Bone loss, height changes

Step four: Know your Healthcare Plan

- See a health care provider for regular visits
- Be honest, open and accurate
- Ask for a written summary of your care plan
- Scans/tests
 - ▣ Annual physical with blood work
 - ▣ Women's wellness exams
 - ▣ Colonoscopy
 - ▣ DEXA
 - ▣ Mammography



Step five: Develop a “Wellness Plan”

- Understand your particular health risks and how to monitor your health.
- Change what is in **YOUR** power:
 - Exercise and stay active
 - Reduce anxiety and depression
 - Improve mood and boost self-esteem
 - Reduce fatigue, depression, nausea, pain
 - Boost your immune system
 - Eat healthy and well
 - Maintain a healthy weight (BMI <30)
 - Quit smoking
 - Reduce alcohol consumption

Step six: Get “Emotional”

- Tune in to your emotional climate as well as your physical one
 - Acknowledge worry about your health
 - Stress
 - Depression/anxiety/obsession
 - Anger
 - Loneliness and isolation
- Recognize the “nature” of feelings
- Find meaning in your life outside of “the negative”
- Find your spiritual center
- Seek professional help
- Join a support group if needed



Step seven: Reconnect



- Self
- Family
- Friends
- Place of worship
- Workplace
- Community
- GIVE BACK!

Step eight: Reflect, renew, rejoice!

Understand that positive feelings may be effective in long term health.

Negative thoughts make you more illness prone.

Emotions play an important role in modulating body systems that influence your health

LAUGHTER is truly the best medicine.



OPTIMISTS LIVE LONGER!

Step nine: TAKE CONTROL

- *USE THE TOOLS AND LESSONS THAT YOU HAVE BEEN GIVEN TO CREATE A PLAN THAT WORKS FOR YOU.*



EMBRACE YOUR HEALTH

Acknowledgements



National Cancer Institute

American Cancer Society

National Comprehensive Cancer Network

Questions ?

