



HEALTH & WELLNESS NEWS



Courtesy photo by Jim Holmes

Some staff members of the Grand Ronde Health & Wellness Center gather in the clinic's atrium for a group photo on Thursday, Oct. 5. The group was preparing for the Health & Wellness Center's 20th anniversary celebration that took place on Friday, Oct. 6.

October is Breast Cancer Awareness month

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease, but no one knows the exact causes of breast cancer.

Doctors seldom know why one woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that more than 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.
- On average, every two minutes a woman is diagnosed with breast cancer and one woman will die of breast cancer every 13 minutes.
- More than 2.8 million breast cancer survivors are alive in the United States today.

Risk Factors

- **Gender:** Breast cancer occurs nearly 100 times more often in women than in men.
- **Age:** Two out of three women with invasive cancer are diagnosed after age 55.
- **Race:** Breast cancer is diagnosed more often in Caucasian women than women of other races.
- **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.
- **Personal Health History:** If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future. Also, your risk increases if abnormal breast cells have been detected before (such as atypical hyperplasia, lobular carcinoma in situ (LCIS) or ductal carcinoma in situ (DCIS)).
- **Menstrual and Reproductive History:** Early menstruation (before age 12), late menopause (after 55), having your first child at an older age or never having given birth can also increase your risk for breast cancer.
- **Certain Genome Changes:** Mutations in certain genes, such as BRCA1 and BRCA2, can increase your risk for breast cancer. This is determined through a genetic test, which you may consider taking if you have a family history of breast cancer. Individuals with these gene mutations can pass the gene mutation on to their children.
- **Dense Breast Tissue:** Having dense breast tissue can increase your risk for breast cancer and make lumps harder to detect. Several states have passed laws requiring physicians to disclose to women if their mammogram indicates that they have dense breasts so that they are aware of this risk. Be sure to ask your physician if you have dense breasts and what the implications of having dense breasts are.

Source: All materials are from the WebMD

Health & Wellness Center closures

- Friday, Nov. 10 – Veterans Day (All day)
- Wednesday, Nov. 22 – Restoration Day (All day)
- Thursday, Nov. 23 – Thanksgiving (All day)
- Friday, Nov. 24 – Day after Thanksgiving (All day)

Be sure to request your prescriptions early to cover closure days.

CTGR Portland Office
4445 SW BARBUR BLVD. SUITE 101
PORTLAND OR 97239

Flu Shot day!

Tuesday, Oct. 24
10 a.m.-2 p.m.



Ads created by George Valdez

CTGR COMMUNITY HEALTH PRESENTS:

TAKE A STAND



AGAINST FALLS

- A Holistic Perspective on Preventing Falls in Older Adults
- Tuesday Nov. 7, and Wednesday, Nov. 8
1 – 4 p.m., at the Elders Activity Center
 - 11/7: "What Causes Falls in Older Adults?" Presented by Susan Joubert, RN
 - 11/8: "Make Your Life Fall-Proof!" presented by Susan Joubert, RN, with guest speaker Robert Thornburg, Physical Therapist
- Door Prizes and Refreshments Both Days!