

October is National Breast Cancer Awareness Month

The chance that a woman will be diagnosed with breast cancer over her lifetime is 1 in 8. However, many men are diagnosed with breast cancer, too. The U.S. Department of Veterans Affairs (VA) continues conducting research into breast cancer to discover potential causes and to develop better diagnostics and treatments for this disease.

Mammograms every year for women aged 40-70, especially for high-risk women who have had a first-degree relative diagnosed with breast cancer, are encouraged in order to help detect breast cancer at the earliest and most treatable stages.

Depending on your risk factors or your physical examination, your doctor may recommend a mammogram at an earlier age. Understanding your family and personal history of cancers is an important aspect in evaluating your risk. If you have a mother, sister or daughter with breast cancer, ask your doctor about your risk of getting breast cancer and how you can lower your risk.

In addition, you can lower your risk of breast cancer by:

- Controlling your weight and exercise.
- Understanding the risks and benefits of hormone replacement therapy.
- Limiting the amount of alcohol you drink.

PINK OUT *for Breast Cancer Awareness*

*West Palm Beach VA Medical Center
is challenging you to join us to*

PINK OUT *for Breast Cancer Awareness*

Wednesday, October 19th, 2011

*Encourage All Staff and Veterans to Wear Pink in
recognition of Breast Cancer Awareness on October 19th.*



The American Cancer Society's most recent estimates for breast cancer in the United States for 2011:

- About 230,480 new cases of invasive breast cancer in women
- About 57,650 new cases of carcinoma in situ (CIS) will be found (CIS is non-invasive and is the earliest form of breast cancer.)
- About 39,520 deaths from breast cancer (women)
- Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer.
- The chance of a woman having invasive breast cancer some time during her life is < 1 in 8. The chance of dying from breast cancer is about 1 in 35. Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment. Right now there are more than 2½ million breast cancer survivors in the United States.



VA Defining
HEALTH CARE **EXCELLENCE**
in the 21st Century

**We will take a group photo in the Atrium at
3 P.M. Wednesday, October 19th of all staff
that wore pink to show support.**

Supervisor approval required.

