

## Increase Breast Cancer Awareness

According to the Susan G. Komen Breast Cancer Foundation, there's no sure way to avoid breast cancer. Some healthy lifestyle choices, however, may help lower the risk of the disease and have the added bonus of cutting the risk of heart disease, diabetes, colon cancer, and osteoporosis.

**To decrease your risk for breast cancer:**

- Be physically active.
- Maintain a healthy weight.
- Cut down on "bad" fats (saturated and trans fats), and consume more "good" fats (polyunsaturated and monounsaturated fats, like olive and canola oil).
- Take a daily multivitamin with folic acid (often called folate on nutrition labels).
- Limit alcohol intake to less than one alcoholic drink a day. (Regular drinkers should try to get adequate folic acid, either through a multivitamin or rich food sources like oranges, orange juice, or fortified breakfast cereals.)
- Choose to breastfeed children instead of formula feeding them if possible.

**The risk factors for breast cancer can include:**

- Age
- Being female
- Getting older
- Family history of breast cancer
- High breast density
- Personal history of breast cancer
- Radiation exposure or frequent x-rays as a youth
- Not having children
- Menopause at age 55 or older
- Having a child after age 30
- Overweight
- Lack of exercise
- Drinking alcohol
- First period before age 12
- Post-menopausal hormone use
- Not breastfeeding.

*For more information on breast cancer, visit the Susan G. Komen Breast Cancer Foundation website at [www.komen.org](http://www.komen.org).*

## Recognize the Signs of IBC

Many people may not be aware of inflammatory breast cancer (IBC). Unlike other forms of breast cancer, IBC often lacks a distinct lump or tumor. Instead, it grows in nests or sheets that spread through the breast.

There are many symptoms of inflammatory breast cancer. It's important to see your doctor if you have any of these symptoms:

- one breast becomes much larger than the other one (often sudden)
- warmth and swelling in the breast (often sudden)
- redness or pinkness that may look like an infection
- itching or pain in the breast that won't go away
- dimpling of the skin that may look like the skin of an orange
- ridges or thickened areas of skin
- nipple discharge
- nipple retraction or flattening
- change in the color of the areola (the dark skin around the nipple)
- a bruise that doesn't go away
- swollen lymph nodes on the neck or under the arm
- a lump (although often there is no lump).

*For more information on this type of breast cancer, visit the Susan G. Komen Breast Cancer Foundation at [http://www.komen.org/stellent/groups/public/@dallas/documents/-komen\\_site\\_documents/dsbcinflammatory.pdf](http://www.komen.org/stellent/groups/public/@dallas/documents/-komen_site_documents/dsbcinflammatory.pdf). Or, visit the American Cancer Society at [www.cancer.org](http://www.cancer.org) or the IBC Research Foundation at [www.ibcresearch.org](http://www.ibcresearch.org).*

## A Healthy Smile Lasts a Lifetime

**T**oday's hectic adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. According to the American Dental Hygienist's Association, this is unfortunate since periodontal disease is the most common cause of tooth loss in adults. In fact, an estimated 75 percent of Americans reportedly have some form of periodontal disease.

Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment later in life. Regular professional visits, every six months or as scheduled by your dental hygienist, can help you learn more about proper care for your teeth and gums.

*To find out how to brush and floss your teeth properly, visit <http://www.adha.org/oralhealth/brushing.htm> and <http://www.adha.org/oralhealth/flossing.htm>.*



## Ways to Breathe Easier

According to the American Academy of Allergy, Asthma and Immunology, approximately 60 percent of



asthma attacks are caused by environmental allergens and irritants such as smoke, pollen, and animal dander. **Here are ways to help prevent asthma attacks:**

- ◆ Watch for changing weather conditions such as ozone alerts, changes in temperature, humidity, barometric pressure, or strong winds that can aggravate asthma.
- ◆ Minimize strenuous physical activity outdoors on days when temperatures are excessively high.
- ◆ Take medications as prescribed by your allergist/immunologist in the recommended dosage.
- ◆ Sit far away from smoke created by campfires or someone who's smoking.
- ◆ Don't stand directly behind cars that are running; exhaust fumes can trigger an asthma attack.
- ◆ Air out tents, tree houses, or other confined places where mold, a common allergen, can be found.
- ◆ Shower and wash your hair every night before going to bed to remove allergens from your hair and avoid getting them on your pillow.

*For more information, visit the American Academy of Allergy, Asthma and Immunology, [www.aaaai.org](http://www.aaaai.org).*