

# Community Health Coalition, Inc.

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Date: October 28, 2007

## Health Sunday Topic: Breast Cancer

**Dr. Sheila Allison** of **South Point Medicine** states "The war against breast cancer is a difficult one for many reasons. We must be proactive in our daily health maintenance and medical care to reduce our risks."

Women at increased risks are those who:

- Began menstruating early or who had a late menopause
- Are obese (BMI greater than 30)
- Had their first child after the age of 30
- Have an excessive alcohol intake
- First degree relative (mother, sister) with breast cancer
- High fat diet

While doing your self breast examination, you should contact your health care provider if you notice:

- A lump or mass in your breast or armpit
- Swelling localized in an area of your breast
- Dimpling of the skin
- Nipple pain or inversion
- Nipple discharge
- Dry, scaling areas of the skin



**For more information, read today's Health Sunday Flyer; and refer to the following websites:**

[www.cancer.org](http://www.cancer.org)

[www.komennctriangle.org](http://www.komennctriangle.org)

[www.blackwomenshealth.org](http://www.blackwomenshealth.org)



**HEALTH SUNDAY  
IN THE BLACK COMMUNITY**  
is a program of Health Tips.  
It is provided by the  
**Community Health Coalition**  
in cooperation with the  
**Interdenominational  
Ministerial Alliance of Durham  
and Vicinity for church goes**  
each 4th Sunday.  
Today's Health Tip is:  
**Breast Cancer**  
in the  
**African American  
Community.**

**REMEMBER:**

**A HEALTHY DURHAM**

**INCLUDES YOU !**

**NOTE:** Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

## Breast Cancer Statistics

It is estimated that a woman is diagnosed with breast cancer every 3 minutes.

In 1960, the incidence of breast cancer was 1 in 20, today it is about 1 in 8.

Breast cancer is second only to lung cancer as the leading cause of cancer deaths in the United States for women.

While 95% of women diagnosed have previously been over 40, the diagnosis is being made more frequently in younger women. In fact, African American women have a higher rate prior to the age of 35 than white women.

Survival rates are also lower for African-American women often because they are diagnosed at a later stage in the disease.

Though a history of a first degree relative with breast cancer increases the odds, 85% of women diagnosed with breast cancer have no known family history.

Women aged 20 to 39 should be examined by their health care provider annual and perform self breast examinations monthly.

All women should have a screening mammogram between the ages of 35 and 40 and sometimes earlier with a positive family history.

Mammograms should be performed annually in women over the age of 40.

***The above information is from the American Cancer Society and Black Women's Health Imperative.***



Dr. Allison reminds us: Be aware that you set an example for daughters, sisters, and friends. If you maintain a healthy lifestyle, perhaps others will begin to do the same from your example!



**Your Health Sunday Coordinator is:** \_\_\_\_\_

A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital