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Health Sunday Topic: Breast Cancer Awareness



Dr. Avis A. Artis, MD of Harris & Smith OB/GYN, PA states: “Early detection is imperative. Regular self examinations of your breasts at the same time each month will help you identify any changes in the normal look or feel of your breasts.”



Practicing Self Breast Exam Techniques

It is not known how to prevent breast cancer, but we do know if found early, the chance for successful treatment is greatest. You should become familiar with your breast. Learn how your breasts normally look and feel so that if changes occur, you can visit your doctor or clinic right away! By doing monthly breast self-exams to check for lumps, thickness or other changes help you to become familiar with your breasts. Breast cancer can occur at any age, but it is more likely after age 40 or older.

“Young African American women need to know that the longer they breastfeed, and the more they breastfeed, the lower their risk is for developing breast cancer,” cites Dr. Elaine Hart-Brothers.

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 goers each 4th Sunday.

REMEMBER: A HEALTHY DURHAM INCLUDES YOU!

Breast Cancer Awareness



Signs & Symptoms: A change in how the breast feels. There may be tenderness or a lump or thickening in or near the breast or in the underarm area. A change in how the breast looks. There may be a change in the size or shape of the breast. The areola may appear scaly, red or swollen. A discharge from the breast.

Early Detection: **Age 20 and older:** Perform monthly breast self-exams and look for any signs of change. **Age 20 to 39:** Schedule clinical breast exams every three years. **By age 35:** Have a baseline mammogram and annual clinical breast exam if you have a family history of breast cancer. **By age of 40:** Have a baseline mammogram and annual clinical breast exam. **Age 40 and older:** Have a mammogram every year.

Prevention: Balance caloric intake with physical activity. Avoid excessive weight gain throughout your life. Maintain a healthy weight. Eat plenty of fruits & vegetables, especially cooked tomatoes. Limit foods that are high in fats, such as red meats and dairy products.

Treatment: The breast must be treated in breast cancer, either by removing it, or by irradiation, or chemotherapy. Ask your doctor for expert advice.

For more information, please refer to the following websites:

- www.cancer.org
- www.komen.org
- www.cancer.gov
- www.bcresourcedirectory.org
- www.nationalbreastcancer.org
- www.cancercare.org (for financial support)
- www.avonfoundation.org (for financial support)
- www.united-way.org (for financial support)



Practicing Self Breast Exams

Your Healthy Sunday Coordinator is:

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

REMEMBER: A HEALTHY DURHAM INCLUDES YOU!

Note: Please make enough copies of this flyer to distribute to each morning service attendee.