

# Coordinated Student Health Services Newsletter

“Children need to learn to be healthy and be healthy to learn”

## October is National Breast Cancer Awareness Month

- Each year in the United States 200,000 women are diagnosed with breast cancer
- Most breast cancers are found in women over the age of 50
- Only 10% of new cases of breast cancer are found in women under 45 years of age
- Less than 1% of breast cancers occur in men



### Some warning signs of breast cancer

- **New lump in breast or armpit**
- **Thickening or swelling in part of the breast**
- **Irritation or dimpling of breast skin**
- **Redness, pulling, or flaky skin in nipple area**
- **Nipple discharge other than breast milk, including blood**
- **Any change in the size or shape of the breast**
- **Pain in any area of the breast**

### Steps to Reduce Your Risk for Breast Cancer

- **Maintain a healthy weight**
- **Exercise regularly**
- **Limit alcohol intake to no more than one drink per day**
- **Avoid exposure to chemicals that can cause cancer**
- **Limit exposure to radiation**
- **Breastfeed if possible**
- **Have BRCA1 and BRCA2 testing if family history of breast cancer**
- **Have mammogram screenings regularly**

### Can't afford a mammogram?

If you have a low income or do not have health insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program.

### For more information:

[www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/)  
 (800) CDC-INFO  
 (800) 232-4636  
 TTY: (888) 232-6348



The School Board of Broward County, Florida. □Robin Bartleman. □Heather P. Brinkworth. □Abby M. Freedman. □Patricia Good. □Donna P. Korn. □Laurie Rich Levinson. □Ann Murray. □Rosalind Osgood. □Nora Rupert. □Robert W. Runcie, Superintendent of Schools

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