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## Remember

**MEN ARE AT RISK TOO!**

Breast Cancer in men receives less attention. But the percentage of men who die from the disease is similar to women. Early detection is important! Men with a family history of breast cancer should talk to their doctor about managing risks, and should report any breast lumps as early as possible.

## Think Pink

**Let's Beat Breast Cancer Together**

**Breast Cancer Awareness doesn't end on  
October 31st!**

**This disease doesn't know April from June or  
December from January, which is why it can strike  
at any time! We recognize that October is Breast  
Cancer Awareness Month, but we also recognize  
that Breast Cancer is something to be aware of year  
round.**

**One in 8 women in the US will be diagnosed with  
Breast Cancer in her lifetime, according to the  
National Cancer Institute. While that statistic is  
alarming, experts in the field, including  
radiologists, oncologists, and surgeons, note that  
the advancement in both screening and treatment  
for the disease is developing at an encouraging  
pace.**

## MAMMOGRAMS SAVE LIVES!

Mammography is widely recognized as the “gold Standard” in screening and detecting this condition. It is recommended that women begin annual mammograms at age 40, unless there are factors that increase your risk for the disease. Let’s remind our mothers, wives, colleagues or friends to make them a priority and schedule a mammogram.

Early Detection Saves Lives!



**FIGHT  
AGAINST  
BREAST CANCER**

## LET’S BEAT BREAST CANCER TOGETHER

Take action to lower your risk. Adopting a healthier lifestyle can be beneficial such as increased exercise, a balanced diet and using healthy fats like extra virgin olive oil when cooking. Don’t forget the importance of fruits and vegetable as well as lean protein such as fish and poultry.

The National Breast Cancer Institute offers a free informational guide on how to lower your risk. You can find answers to questions such as:

What are “healthy habits” that prevent cancer?

What are some characteristics that increase the risk of developing cancer?

What are the general guidelines for breast cancer early detection screenings?

You can get a copy of the “Healthy Living and Personal Risk Guide” by visiting:

[resources.nationalbreastcancer.org/healthy-living-guide-ebook/](http://resources.nationalbreastcancer.org/healthy-living-guide-ebook/).

Source: National Breast Cancer Foundation

Additional resources for women’s health information:

The American Cancer Society: [www.cancer.org](http://www.cancer.org)

The Center for Disease Control and Prevention [www.cdc.gov/women](http://www.cdc.gov/women)

The National Women’s Health Resource Center:

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

