



## MONTHLY NEWSLETTER

### FITNESS FOCUS

#### Steps To Stay Well and Lower Breast Cancer Risk

Did you know that you can take steps that could help lower your risk of getting breast cancer? Staying at a healthy weight, getting regular exercise, and limiting how much alcohol you drink are ways you can help lower your risk and be healthy.

**Watch your weight.** Being overweight or obese is linked to an increased risk of breast cancer. So, choose foods that will help you get to and stay at a healthy weight. Here's how to start:

- Balance the number of calories you eat with your physical activity
- Eat at least 2½ cups of a variety of vegetables and fruits each day
- Try to choose whole grains instead of processed (refined) grains and sugars.
- Limit the amount of red meat and processed meat you eat, especially those high in fat

**Exercise.** Adults should get at least 150 minutes of moderate activity a week or 75 minutes of vigorous activity per week, or an equal combination, preferably spread throughout the week.

- Moderate activities make you breathe hard.
- Vigorous activities increase your heart rate and make you sweat and breathe faster.

**Limit alcohol intake.** Women who drink should limit their alcohol intake to no more than one drink a day. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

November 2018

### HEALTH TIP



#### LEARN ABOUT BREAST CANCER & GET SCREENED

Last month (October) was National Breast Cancer Awareness Month. This year, it is estimated that more than 265,000 women in the United States will be diagnosed with invasive breast cancer. In 2016, 411 Wyoming women were diagnosed with breast cancer. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women. It is the second-leading cause of cancer death in American women (after lung cancer) according to the American Cancer Society.

For now, the best way we have to find breast cancer early – when it's small and has not spread – is for women to get regular mammograms and continue to do so as long as they're in good health. The U.S. Preventive Services Task Force recommends the following breast cancer screening guidelines:

- Women between the ages of 40 and 49 with an increased risk for breast cancer due to family history, genetic disorder or other factors should speak with their doctor about screenings.
- Women ages 50 to 74, should get a mammogram every 2 years.
- Women older than 75 should speak with their doctor about continued breast cancer screenings.

In addition, women can take these steps to help lower their risk of breast cancer - maintain a healthy weight, stay active, and limit alcohol to one or less drinks per day.



### DOCTOR'S NOTE

#### A SCREENING MAMMOGRAM COULD HELP SAVE YOUR LIFE

Scheduling your yearly check-up? If you are 50 years and older, make sure to ask about scheduling a mammogram – the test you need to help find breast cancer early. It could help save your life. Regular mammograms can help find breast cancer early, when it's small, less likely to have spread, and could be easier to treat. Getting tested for breast cancer can make a dramatic difference in a woman's chances of surviving the disease.

The 5-year survival rate for women with breast cancer that has not spread outside the breast is 99%. However, if the cancer has spread to nearby lymph nodes, the rate drops to 85%. And if it has spread to other organs, the 5-year survival rate drops to 26%. So don't wait. Remind the women you care about to get regular mammograms.

Mammograms are not perfect. They can miss some breast cancers, so be sure to talk with your doctor right away if you notice any changes in the way your breasts look and/or feel. If you have a family or personal history of breast cancer or think you might be at higher risk than other women, discuss this with your doctor so you can decide on the screening schedule that's right for you.

To learn more about mammograms and breast cancer screening, visit the American Cancer Society website at [cancer.org/breastcancer](http://cancer.org/breastcancer) or call the American Cancer Society at 1-800-227-2345.

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**PRACTICE NEWS**



**DO YOU KNOW YOUR RISK FOR BREAST CANCER?**

We don't know how to prevent all breast cancers, but there are steps you can take to help lower your risk of developing the disease. Some risk factors, such as age, race, family history of breast cancer, and reproductive history, cannot be changed.

However, there are lifestyle factors you can change, such as limiting alcohol use, getting regular physical activity, and staying at a healthy weight, which are linked to having a lower risk for breast cancer.

Women are at greater risk for breast cancer, but men can develop it, too. As you get older, your breast cancer risk increases. Breast cancer risk is higher among women who have a family history of the disease. Having a first-degree relative (mother, sister, or daughter) with breast cancer increases a woman's risk. Still, most women with breast cancer do not have a first-degree relative with the disease.

**Other Risk Factors**

- Taking post-menopausal hormone therapy (especially combined estrogen and progestin therapy)
- Being overweight or obese, especially if weight is gained after menopause
- Drinking alcohol, especially more than one drink a day
- Being physically inactive
- Having a long menstrual history
- Never having children or having your first child after age 30
- Having had chest radiation to treat a different cancer
- Having a personal history of breast cancer
- Having certain benign (non-cancer) breast conditions

Some men are also at risk of developing breast cancer.



**MEMBER SERVICES FOCUS**

**USEFUL WEBSITE LINKS YOU CAN SHARE WITH OTHERS**

**On having a mammogram** - Do you or someone you care about have a mammogram scheduled? Check out [7 Things To Know](#) before going.

**On finding support for the cancer journey** - You don't have to face breast cancer alone. The American Cancer Society offers [support and programs and services](#) for people with cancer and their caregivers every step of the way.

**On learning about the diagnosis** - If you or someone you know has recently been diagnosed with breast cancer, [Breast Cancer - Clear and Simple](#) answers your questions about risk factors, diagnosis, and treatment in a friendly, easy-to-understand way.

**On understanding your risk** - Every woman can benefit from learning the risk factors for breast cancer. In addition to the risk factors all women face, some risk factors put young women at a higher risk for getting breast cancer at a young age. <http://bit.ly/2MFA8uC>

**On financial assistance** - The Wyoming Cancer Program is dedicated to eliminating the burden of cancer in Wyoming. For more information on if you qualify for the Breast and Cervical Cancer Screening Program, visit our website at [www.health.wyo.gov/cancer](http://www.health.wyo.gov/cancer).

**RESOURCES and RECONSTRUCTION**

**WYOMING CANCER RESOURCES**

Every year, more than 650 Wyoming residents are diagnosed with breast, cervical and colorectal cancers alone. In 2016, 411 of those were breast cancer diagnoses. Knowing your risk factors and getting recommended screenings can help find cancer early. For more information, visit the Wyoming Cancer Program website at [health.wyo.gov](http://health.wyo.gov).

**RECONSTRUCTION COVERAGE (WHCRA)**

The Women's Health and Cancer Rights Act of 1998 (WHCRA) is a federal law that provides protections to patients who choose to have breast reconstruction in connection with a mastectomy.

If WHCRA applies to you and you are receiving benefits in connection with a mastectomy and you elect breast reconstruction, coverage must be provided for:

- All stages of reconstruction of the breast on which the mastectomy has been performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- Prostheses and treatment of physical complications of all stages of the mastectomy, including lymphedema.

This law applies to two different types of coverage:

- Group health plans (provided by an employer or union);
- Individual health insurance policies (not based on employment).

Contact your health insurance plan administrator to determine if your health insurance will cover breast reconstruction.

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CMS.gov WHCRA Fact Sheet