

# Skeehchooash

*Pequot for Grasses, Herbs, Medicines*

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

October 2019

## October is Breast Cancer Awareness Month



In 2016, there were approximately 245,000 new cases of **breast cancer** in females. Over 41,000 women died of breast cancer in the United States.

A person may or may not experience any **symptoms** if they have breast cancer. Some symptoms may include:

- Breast pain
- A lump in the breast or underarm
- Irritation or dimpling of the breast
- Redness or flaky skin of the nipple or breast
- Change in size or shape of the breast
- Discharge of the nipple (other than milk)



What are your **risk factors**?

- Risk increases with age
- Inherited gene mutations
- Having dense breasts
- Previous radiation therapy
- Sedentary lifestyle
- Being overweight
- Taking hormone therapy
- Drinking alcohol
- Reproductive history (first pregnancy > 30 years old)

**Get screened!**

Talk to your doctor about having a mammogram done. A mammogram can help detect breast cancer sometimes up to three years before it can be felt.



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<https://gis.cdc.gov/Cancer/USCS/DataViz.html>, <https://www.cdc.gov/cancer/breast/>

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