

October: National Breast Cancer Awareness Month

Breast cancer was brought to the forefront recently when actress Julia Louis-Dreyfus announced her cancer diagnosis on September 28th. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Breast cancer may also occur in men. Men at any age may develop breast cancer, but it is usually detected (found) in men between 60 and 70 years of age. Male breast cancer makes up less than 1% of all cases of breast cancer. Men with breast cancer usually have lumps that can be felt. Lumps and other signs may be caused by male breast cancer or by other conditions. Check with your doctor if you notice a change in your breasts.

For more information, check out online resources from the Centers for Disease Control and Prevention, National Cancer Institute, National Institutes of Health or the Department of Health and Human Services, Office on Women's Health.

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net

Blood pressure readings have resumed. See us in the Infant & Toddler Room in the rear of church on the 1st and 3rd full weekends of every month September – May.

The service is free of charge and currently is limited to those Masses that have a volunteer to perform readings. If you are trained in taking blood pressures and would like to offer your services, please contact Mary Bohlen using the e-mail address listed above
we'd love to have you on the team!