

Community Health Coalition, Inc.

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Improving the health of Durham
& NC communities since 1989

October 2017

Healthy Sunday Topic: Breast Cancer and Other Tips

Breast cancer is the most commonly diagnosed cancer among women worldwide, and in the United States it is the second leading cause of cancer death. Despite improvements in breast cancer detection, diagnosis, and treatment, it is well documented that African American women still are disproportionately affected by the disease. Compared with White women, African American women are less likely to be diagnosed at an early stage, have higher mortality rates, and are more likely to be diagnosed before age 40.

Melody Baldwin, MD, MPH, OB/GYN at Harris & Smith and Assistant Professor at Duke University Medical Center, says "There are some things that we can do to decrease our risk of developing the disease. Regular exercise and healthy nutrition with fresh fruits, vegetables, fish, and olive oil can lower breast cancer risk. Quitting smoking and decreasing alcohol intake can also lower risk. It is critical to keep up with annual screening for breast cancer so that it can be detected early and give the best chances for successful treatment." For mammogram appointment at Duke call 919-684-7999.



Melody Baldwin, MD

Prevention and Early Detection

1. Because obesity and excess weight increase the risk of developing breast cancer, the American Cancer Society recommends that women maintain a healthy weight throughout their life. Losing even a small amount of weight has health benefits.
2. Evidence suggests that women who get regular physical activity have a 10%-25% lower risk of breast cancer. Doing even a little physical activity can have many health benefits.
3. Studies have confirmed that drinking alcohol increases the risk of breast cancer in women by about 7% to 10% for each drink per day
4. Evidence shows that smoking slightly increases the risk of breast cancer, especially among heavy, long-term smokers and women who begin smoking before their first pregnancy.
5. For early detection of breast cancer, ask your doctor about breast self-examination and annual mammogram screening
6. Mothers who breastfeed lower their risk of pre- and post-menopausal breast cancer
7. Breast cancer occurs mostly in women and although rare, it can occur in men. MEN, ask your doctor about breast and prostate cancer screenings.

Domestic Violence

October is domestic violence awareness month. This month provides an opportunity each year to educate the community on the pattern of abusive behaviors that alter the lives of too many of our neighbors, friends and families. It is a time hold events in memory of those who have lost their lives at the hands of their abusers, and to celebrate all survivors of intimate partner violence. Domestic Violence is a community issue. It is not only in our homes; it is in our schools, our hospitals, our churches, and our workplaces. **To speak with someone, call the Durham Crisis Response Center at 919-403-6562. There will be a FREE Domestic Violence Workshop on October 21st from 10-2PM at Monument of Faith Church, 900 Simmons Street, Durham NC 27701.**

What to do if you are a victim of domestic violence

1. Call 911 and report the incident. Write down the police report/incident number and keep with your records.
2. If necessary, seek medical attention. Have injuries documented and photographed.
3. Go to a safe place such as a domestic violence shelter.
4. Seek the support of caring people.
5. Have a safety plan. If your partner is abusive, have a plan to protect yourself and your children. File for a Protective Order that will tell your abuser to stay away.

Remember your ABC

Annual mammogram screening for women over the age of 40 and those at high risk,

Breast self-examination -Talk to your provider about technique and frequency, and

Control your weight by maintaining a healthy lifestyle and exercising regularly

For More Information:

- UNC Lineberger Comprehensive Cancer Center 1.984.974.8762
- Living Beyond Breast Cancer 1.888.753.LBCC (5222)
- Nat'l Cancer Institute's Cancer Info Services 1.800.4.CANCER

Duke Energy Safety Tips

- Unplug small appliances when not in use.
- Ensure outlet safety with children by using outlet covers or plastic outlet caps.
- Never overload outlets. Using multiple plug-in adapters or power strips could cause a fire.

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