

EPWORTH UNITED METHODIST CHURCH

FAITH COMMUNITY HEALTH MINISTRY

Volume 1, Issue 2

October 2022

October is National Breast Cancer Awareness Month



Breast cancer is the 2nd most common cancer among women, after skin cancer.

Warning signs of breast cancer:

- 🎀 New lump in the breast or underarm
- 🎀 Thickening or swelling of part of the breast
- 🎀 Irritation or dimpling of breast skin
- 🎀 Redness or flaky skin in the nipple area or the breast
- 🎀 Pulling in of the nipple
- 🎀 Nipple discharge other than breast milk, including blood
- 🎀 Any change in the size of the breast
- 🎀 Pain in the breast

Know your risks of breast cancer:

- 🎀 Positive family history
- 🎀 Dense breasts
- 🎀 Age 50 and older
- 🎀 Prior radiation treatment to the chest or breasts
- 🎀 History of hormone replacement/oral birth control use
- 🎀 Close family members with known mutations in their breast cancer genes (BRCA1 or BRCA2)

www.cdc.gov/BringYourBrave

Beka Brooks, MSN, RN
Faith Community Nurse

Office: 704-786-6183 ext. 104

Cell: 704-699-3612

Email: epworthnurse@epworthnc.com

Office Hours

- Monday 9am-2pm
- Tuesday 9am-2pm
- Wednesday 9am-2pm
(5:30-6pm for BP Screenings)
- Thursday 9am-2pm
- Friday 9am-12pm
- Sunday (11am-11:30am for BP Screenings)

Take Action to Lower Your Breast Cancer Risk

- ✓ Keep a healthy weight
- ✓ Engage in regular physical activity
- ✓ Limit alcoholic drinks

The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50-74 years old get a mammogram every 2 years.

USPSTF also recommends women with a family history of breast cancer start screening in their 40s.

Talk to your healthcare provider about when to start screening.