

the Telehealth *Times*

OCTOBER
BREAST
CANCER
AWARENESS MONTH



October Edition





Happy Fall! October is Breast Cancer Awareness Month. I have included information about Breast Cancer, early detection, signs and symptoms, treatments, & myths and facts. It is recommended that women over 40 years old get a mammogram annually. An order for a mammogram can be obtained from your primary care provider. The mammogram can be completed at an imaging center or you can schedule an appointment locally at MUSC Breast Center. For additional information or assistance, please feel free to call me at (803) 956-6221.

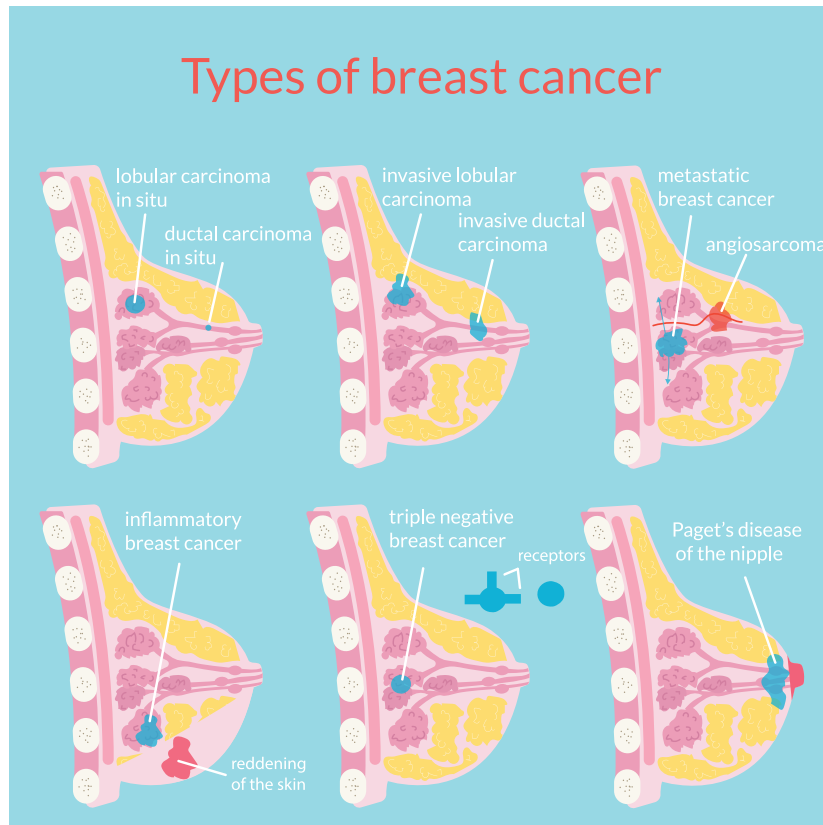


Yours Truly,
Kamryn

Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Breast Cancer

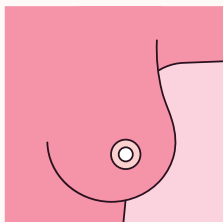
Breast cancer originates in the cells of the breast. Without early detection and treatment, these cancer cells can spread (metastasize) to other areas of the body. There are multiple types and stages of breast cancer.



Breast Cancer : Stages



Stage 0



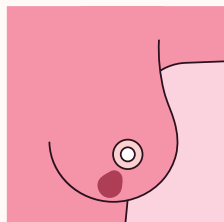
100 %

Survival Rate

Non-invasive Tumor < 2 cm

Least Harmful
Easiest to Control

Stage 1



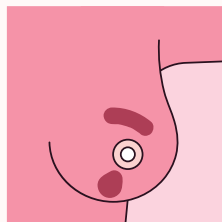
99 %

Survival Rate

Invasive Tumor < 2 cm

Early Stage cancer
Easy to Control

Stage 2



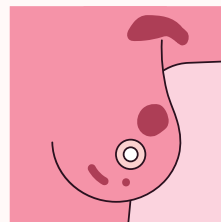
90 %

Survival Rate

Tumor is 2-5 cm

Early Stage
Cancer might have Spread

Stage 3



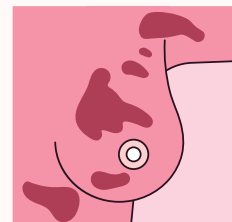
65 %

Survival Rate

Tumor > 5 cm

Risky Stage
Cancer Begins to Spread

Stage 4



22 %

Survival Rate

Tumor Spread to Other Organs

Alarming Stage
Metastatic Cancer

Prevention, Diagnosis & Treatment

Breast Cancer Awareness

Awareness is the first step towards a cure



1 IN 8
WOMEN



Breast Cancer Statistics

Early Detection and Screening



Mammogram



Self-Examination



Breast Ultrasound



Breast Magnetic
Resonance Imaging
(MRI)

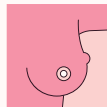


Clinical Breast Exam



Biopsy

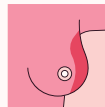
Breast Cancer Symptoms



Lumps
or Swelling



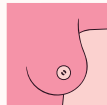
Breast or
Nipple Pain



Redness
on Skin



Change in
Breast Size



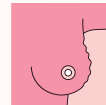
Retracted or
Inverted Nipple



Lump around
Armpit



Nipple Discharge

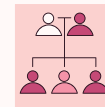


Skin Dimpling

Breast Cancer Risk Factors



Age



Family History



Genetic Mutations



Hormone Exposure



Obesity



Radiation

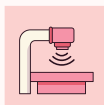
Breast Cancer Treatment



Surgery



Chemotherapy



Radiotherapy



Hormone Treatment

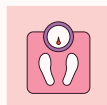


Targeted Therapies



Clinical Trials

Preventive Measures



Keep a
Healthy Weight



Eat
Healthy Diet



Exercise
Regularly



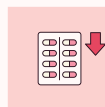
Breastfeeding
if Possible



Don't Smoke



Limit Alcohol

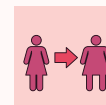


Limit
Hormone Therapy

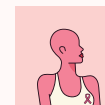


Limit Pollution
Exposure

Impact on Women



Changes to
Body Shape



Hair Loss



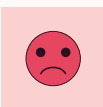
Early
Menopause



Loss of
Fertility



Lose Interest
in Sex

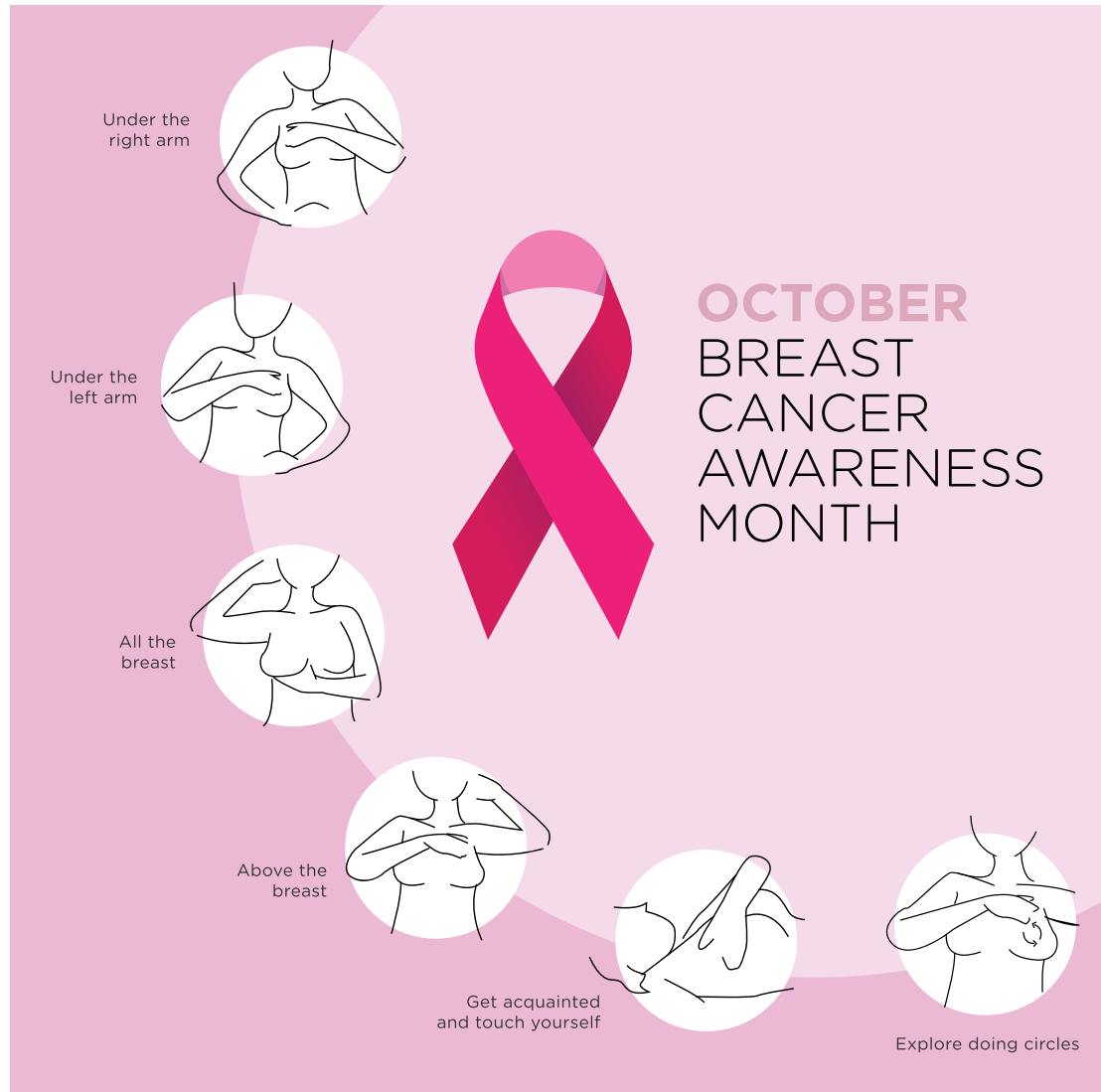


Emotional
Effects

Please remember to have a mammogram yearly and perform a monthly breast self-examination. If you notice any abnormalities during self-examination it is important to follow up with your primary care provider right away. Early detection and treatment is crucial.

Protect & Take Care of Yourself

A self-examination of your breast should be performed once a month, ideally on the same day each month. For example, the 1st of every month. Use the pads of your three middle fingers for the recommended palpation technique.



Breast Self-Examination



Look in the mirror visual inspection of the breasts with the arms in different positions.



Gently use
the pads of fingertips



Wedge Pattern

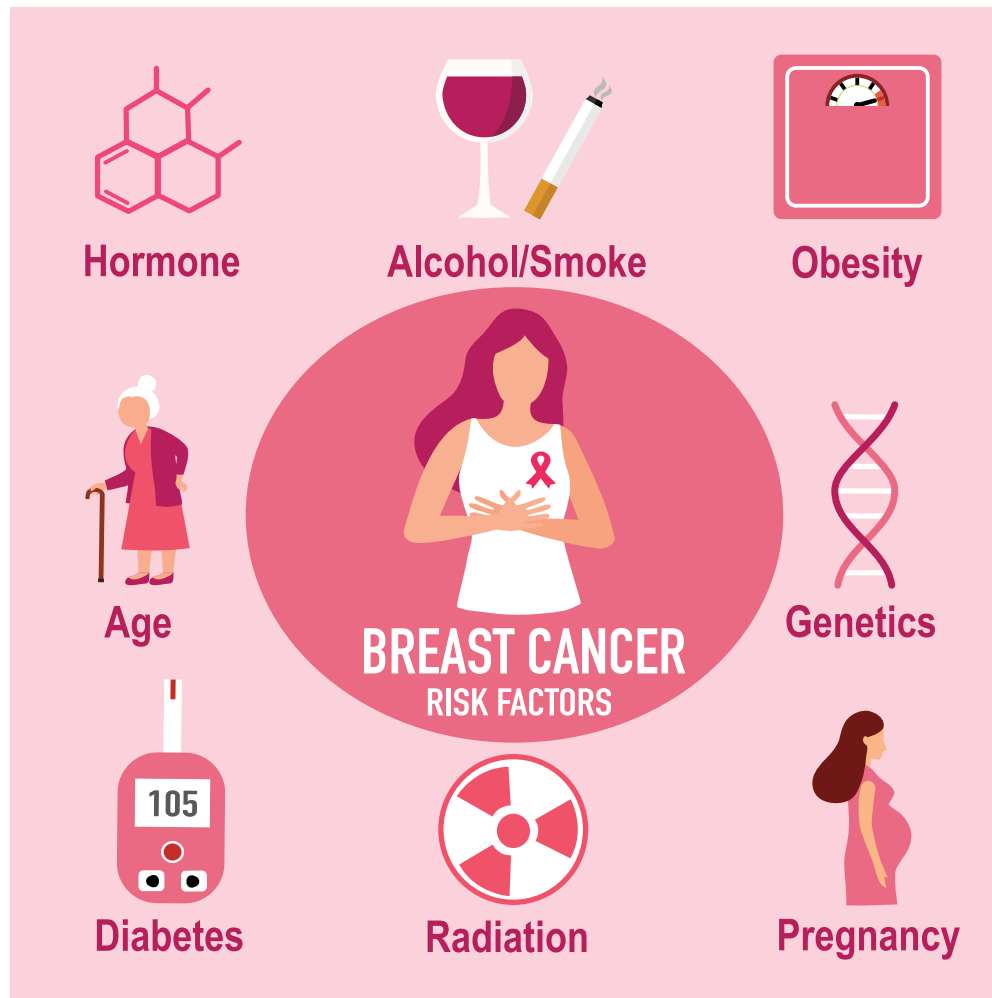


Vertical strip pattern



Clock Pattern

Risk Factors & Signs and Symptoms

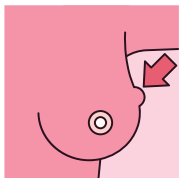


Breast Cancer Symptoms

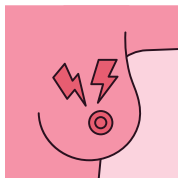
Listen to your body, silence can cost lives, know the signs, fight on



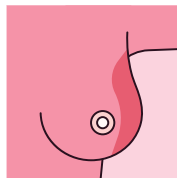
Common Breast Cancer Symptoms



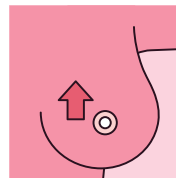
Lumps or Swelling



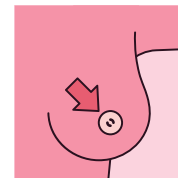
Breast or Nipple Pain



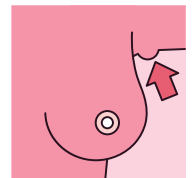
Redness on Skin



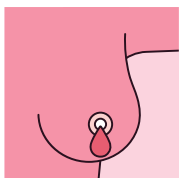
Change in Breast Size



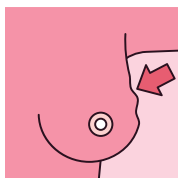
Retracted or Inverted Nipple



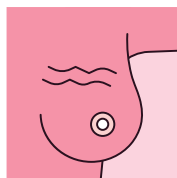
Lump around Armpit



Nipple Discharge

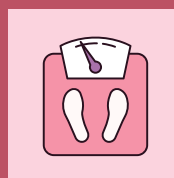


Skin Dimpling

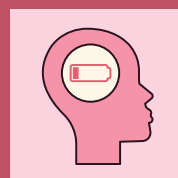


Texture Change

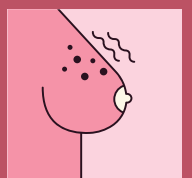
Less Common Symptoms



Weight Loss



Fatigue



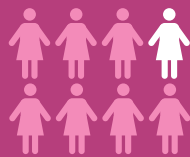
Persistent Breast Itching

FACTS AND STATS

- An estimated 42,170 women will die from breast cancer this year.
- Although rare, men can also develop breast cancer.
- In the United States, the average age at diagnosis for women is 62.

BREAST CANCER AWARENESS

NUMBERS AND FACTS



1 in 8 women
will be diagnosed
with breast
cancer



Every 2 minutes
a case of breast
cancer is
diagnosed



Breast cancer is
the most common
cancer for women
in USA



Every 13 minutes
woman dies of
breast cancer
in USA

HOW TO REDUCE RISK



Do regular exercise



Don't smoke



Drink less
alcohol



Do an annual
mammogram

THERE IS A HOPE



2.9 million female
survivors live in USA



If breast cancer found early,
confined to breast, the 5-year
survival rate is 99%

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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