



Campus Women



BREAST CANCER

What is Breast Cancer? Why should I be writing about it and you reading about it in a university newspaper?

Cancer is a disease where abnormal cells in organs or tissues grow out of control. Normal cell growth occurs when old dead cells are replaced by new cells. When these cells grow out of control and form masses then that is referred to as a tumour. Breast cancer is when a tumour begins in the breasts. This tumour can be found in the milk producing area of the breasts, the milk ducts or the milk sacs and it can also occur in the surrounding tissues.

Breast cancer kills 5,000 women per year in Canada, 14,400 women develop breast cancer yearly and 1 out of 10 Canadian women will develop breast cancer in their lifetime. Although it is curable breast cancer is the leading cause of cancerous deaths among women. We are all at risk to develop this disease at sometime in our lives, although it usually affects women 35 year and over this does not mean we should worry

about it when we are thirty-five. Early detection of breast cancer can determine how healthy a recovery you are going to have.

Although the cause of breast cancer is unknown there are some risk factors to watch for:

1. Previous occurrence of breast cancer.
2. Age of your first pregnancy (the older your first pregnancy the greater your chances of breast cancer).
3. A poor diet (although there has not been any concrete evidence showing a diet relation to breast cancer it can't hurt to eat a diet low in fat with lots of fiber, limited salt, alcohol and caffeine and to enjoy regular fitness).

Breast cancer usually occurs in older women 35 years and over but it should be common practice for all women to do a monthly breast self-examination (BSE) as 80% of all breast cancers are discovered by the women themselves. Regular yearly checkups with your doctor should include a breast examination and pap smear to help discover both breast and cervical cancer. (All statistics were recieved by the Canadian Cancer society, PEI division.)

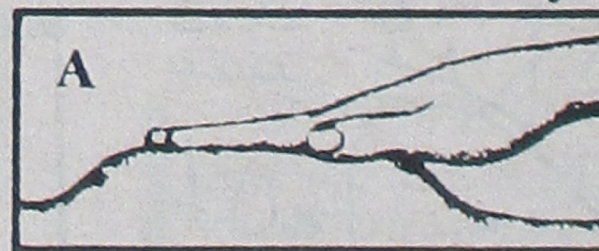
Quote of the Week:

“...you don't get to choose how you're going to die, or when. You can only decide how you're going to live. Now!”

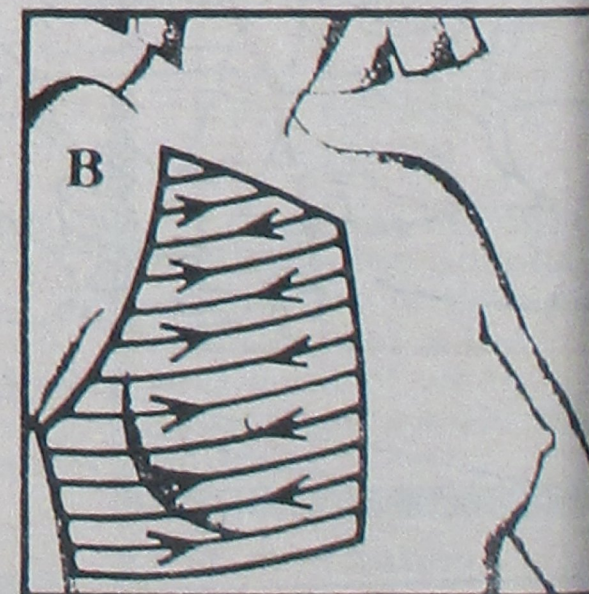
Joan Baez

BSE - For Every Woman Every Month

CANADIAN CANCER SOCIETY / SOCIÉTÉ CANADIENNE DU CANCER
ALBERTA/N.W.T. DIVISION



A: Flat Hand, Constant Contact, Correct Pressure.



B: Cover Full Area.

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