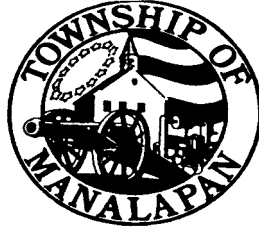


Township of Manalapan

BOARD OF HEALTH

120 Route 522 · Manalapan, NJ 07726 · 732-446-8345 · Fax 732-446-1576

Website: www.mtnj.org



October is NATIONAL BREAST CANCER AWARENESS MONTH

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. The breast is made up of three main parts: glands, ducts, and connective tissue. Sometimes, breast cells become abnormal and grow faster than normal cells. These extra cells form a mass called a tumor. Some tumors are “benign,” or not cancerous. Other tumors are “malignant,” meaning they are cancerous and have the ability to spread to other parts of the breast and body and disrupt normal functions in those areas. All women are at risk for breast cancer. Men can also get breast cancer, but this is rare. Breast cancer is the second most common cancer in women. Among Hispanic women, it is the most common cause of cancer deaths, and it is the second most common cause of cancer deaths among white, black, Asian or Pacific Islander, and American Indian or Alaska Native women. Although more white women get breast cancer, more black women die from it. Each year, approximately 190,000 women are diagnosed with breast cancer and 40,000 women die from the disease.

Signs and Symptoms of Breast Cancer

- New lump in the breast or underarm (armpit)
- 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 or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Pain in any area of the breast.
- Any change in the size or the shape of the breast.

What can you do to reduce the risk of breast cancer?

- Keep healthy weight
- Exercise regularly
- Get enough sleep
- Avoid exposure to chemicals that cause cancer
- Breastfeed your child if possible

What kind of screening tests are there?

- Mammogram: an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.
- Clinical Breast exam: A clinical breast *exam* is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- Breast self exam: A breast self-exam is when you check your own breasts for lumps, changes in size or shape of the breast, or any other changes in the breasts or underarm (armpit).

Make sure to have regular mammograms. Most likely, you can get screened for breast cancer at a clinic, hospital, or doctor's office. If you want to be screened for breast cancer, call your doctor's office. They can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576