

In This Section

- 1. What are breast cysts?
- 2. What are symptoms of breast cysts?
- 3. What causes breast cysts?
- 4. How are breast cysts found?
- 5. Treatment and follow-up
- 6. Lowering Your Risks
- 7. Hormone Therapy Risks
- 8. BRCA Screening
- 9. Personal Survivor Story
- 10. Mental Health Therapy



One in eight women will have breast cancer in her lifetime

In Kentucky, breast cancer is the most common cancer for women.

Men can also develop breast cancer. **Awareness and screening are vital.**

Know how your breasts look and feel. Discuss changes with your healthcare provider. Women should begin screening by age 40 or sooner if a close family member has had breast cancer. Talk with your healthcare provider about when and how often to have mammograms and clinical breast exams. Mammograms are the best test to detect breast cancer early.

Risk factors for developing breast cancer include our gender, our age, and family history. Being a woman increases our risk. Most breast cancers are found in women who are over 50,

although cancer can affect younger women. Family history is also an important risk factor to consider.

Symptoms should not be ignored.

Any change in the size or shape of your breast should be discussed with your healthcare provider. Nipple discharge and a new lump in the breast or under the arm should also be discussed. For men, a lump or bump in your breast should be reported to your healthcare provider for further evaluation.

A healthy lifestyle can contribute to reducing your risk for developing breast and other cancers.

Choose a low-fat diet with plenty of fruit, vegetables, and whole grains. Getting plenty of physical activity – move more. Maintain a healthy weight

for your height. If you drink alcohol, it is recommended women consume no more than 1 drink per day and men no more than 2 drinks per day. Don't smoke.

Visit the [kentucky cancer program.org](http://kentucky.cancerprogram.org) or call 1-877-326-1134 for cancer resources in your community.

Click on Pathfinder to find information and services for cancer prevention, screening, treatment, and support services in all Kentucky counties.

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Breast Cancer: Preventative Measures

While there is no way to “prevent” breast cancer from occurring, there are many things women (and men) can do for their health to help lower their risk of developing the disease. These lifestyle and health changes are as follows:

■ **Beware of Hormone Therapy (HT):**

Hormone therapy used to be a widely prescribed method of treating hot flashes in women. But research has uncovered risk factors associated with HT ranging from heart disease to breast cancer. The Women’s Health Initiative found that long-term use of combined estrogen plus progestin therapy increased the chances of developing breast cancer by 24 percent. Physicians weigh the risks for each individual patient and prescribe the smallest dose of HT for the shortest amount of time possible.

■ **BRCA Screening:**

The BRCA mutation, a gene mutation which increases the risk of breast and ovarian cancer, can be tested for. It’s worth having a discussion about this testing with your personal physician about possibly having this screening.



Owensboro Health

Fighting Cancer Begins **BEFORE** Diagnosis.

Owensboro Locations
Breckenridge Medical Building
Ford Medical Building
The Springs Health Centre

Healthplex Locations
Henderson, Madisonville & Powderly
Walk-ins accepted.

Owensboro Health Twin Lakes Medical Center
Call 270-259-9490 to schedule at this location.

Provider referral required.



Call 1-844-50-MAMMO
to schedule an appointment or visit
OwensboroHealth.org/Mammogram

Free Bento lunch box during the month of October.
While supplies last.



Mammograms for Life provides free screenings to women that qualify and need help paying for a mammogram.