



Linked in Friendship, Connected in Service
Westchester County (NY) Chapter

Health and Human Services FACET NEWSLETTER

October, 2016

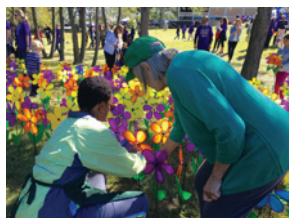
WALK TO END ALZHEIMER'S

Westchester County (NY) Chapter of The Links Incorporated thanks those members who supported the 2016 Alzheimer's Walk at White Plains High School.

In addition to walking, our Links sisters planted "flowers" in the Promise Garden to best represent their connection to the disease.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

NTS and HHS made a total \$500 donation towards the fundraiser.



MAKING STRIDES!



Links Jennifer Lewis and Hillary Fleming joined with the Greater Hudson Valley to walk in Support of The American Cancer Society's Making Strides Against Cancer walk at Manhattanville College in Purchase, NY. HHS and NTS Facets donated \$500 to support our Link sister's efforts and the fight against breast cancer.

Making Strides Against Breast Cancer walks are the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities with a shared determination to finish the fight against breast cancer.

Passionate walk participants raise critical funds that enable the American Cancer Society to fund groundbreaking breast cancer research; provide free, comprehensive information and support to those touched by breast cancer; and help people take steps to reduce their breast cancer risk or find it early when it is most treatable.

For more information on any HHS programs, please contact any member of the Health & Human Services Facet:

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BREAST HEALTH



About **one in eight** women in the U.S. will develop invasive breast cancer during her lifetime.

No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

231,840

Estimated amount of new cases of invasive breast cancer diagnosed in women.

55+

Two of three breast cancers are found in women 55 or older.

2.8 million

Estimated amount of breast cancer survivors in the US.

No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

Risk Factors

GENDER

A woman is 200 times more likely than a man to develop breast cancer.

AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

Health Tips



BREAST DENSITY

Having dense breasts makes your chance for breast cancer four times higher.



KNOW YOUR FAMILY HISTORY

5 to 10 percent of breast cancer is hereditary.



NUTRITION

Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



SCREENING

Remember to get annual mammograms and clinical breast exams beginning at 45.



WATCH WEIGHT

Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



PHYSICAL ACTIVITY

Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



ALCOHOL

Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



SUPERFOODS

City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

Symptoms

- Swelling of all or part of the breast
- Skin irritation or dimpling

- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge