

# PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



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October is Breast Cancer Awareness Month. Breast Cancer does not discriminate, it can effect anyone regardless of age, genetics, or even gender. We cannot control every risk factor when it comes to our bodies, but there are some steps we can take for prevention of breast cancer.

## What Can I Do To Reduce My Risk Of Breast Cancer?

**Eat fruits and vegetables:** Eating fruits and vegetables everyday has been shown to reduce risk.

**Stay physically active:** Studies have shown that women who are physically active have a lower risk of breast cancer than inactive women. Try to move your body at least 20 minutes every day to reduce your risk of developing breast cancer.

**Do not smoke:** Smoking and even breathing second-hand smoke is a risk factor for developing many types of cancer, including breast cancer. Eliminate smoking and second-hand smoke from your lifestyle to reduce this risk.

**Limit alcohol consumption:** Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater your risk.

**Schedule your screenings:** Staying proactive about your health through receiving regular health screenings, such as mammograms, well-woman exams, and other screenings as recommended by your doctor, can help identify health problems in their early stages when they are easier to treat.

*Lizabeth Gresham*

# Path to Wellness.....

## **Warning Signs of Breast Cancer**

Most early-stage breast cancers in the U.S. are found with [screening mammography](#), before any warning signs or symptoms appear.

However, breast cancer also is found when there are warning signs. So, it's important to be aware of these warning signs and see a health care provider if you notice any breast changes.

### Warning signs

The warning signs of breast cancer are not the same for all women.

The most common warning signs are:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge

Source: <https://www.komen.org/breast-cancer/signs-symptoms/warning-signs/>  
<https://www.madeliahealth.org/breast-cancer-awareness-month-at-madelia-health/>

## **Donut**



### **Delay Your Mammogram!**

*In 2021 (most recent data available), 64% of women in the U.S. ages 45 and older reported having a screening mammogram within the past year [178]. And, about 76% of women ages 50-74 had a screening mammogram in the past 2 years [178]. Mammography rates, however, vary by group.*

## **Purple Sweet Potato Facts!**

The Origin Of Purple Sweet Potatoes: **The Okinawan sweet potato originated in Central and South America.** It is believed that explorers introduced them to the Philippines and China in the 15th Century, and the potato then made its way to Japan in the 1600's.

The purple sweet potato is said to have 150 percent more antioxidants than blueberries. Antioxidants help to guard against cardiovascular disease and cancer. They contain two times your daily value of vitamin A, half your daily value of vitamin C, as well as vitamin B6, iron, dietary fiber, and potassium. While they offer a bonanza of disease fighting nutrients, the standout health hero is the powerful antioxidant content linked to reducing inflammation which helps improve blood pressure, overall heart health and may help stunt the growth of certain cancer cells.



# Path to Getting the Facts

**Myth:** Finding a lump in your breast means you have breast cancer

**Here's The Truth:**

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast that is new or notice any changes in breast tissue, it should never be ignored.

It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not.

Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your

**Myth:** Men do not get breast cancer; it affects women only

**Here's The Truth:**

Quite the contrary, this year it is estimated that approximately 2,800 men will be diagnosed with breast cancer and 530 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, by 25%, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can

MYTHS

vs

FACTS

**Other Breast Cancer that are ALL Myths:**

**Myth:** A mammogram can cause breast cancer or spread it

**Myth:** If you have a family history of breast cancer, you are likely to develop breast cancer, too

**Myth:** Breast cancer is contagious

**Myth:** If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer

**Myth:** Antiperspirants and deodorants cause breast cancer

**Myth:** A breast injury can cause breast cancer

**Myth:** Breast cancer is more common in women with bigger breasts

**Myth:** Breast cancer only affects middle-aged or older women

**Myth:** Breast pain is a definite sign of breast cancer

**Myth:** Consuming sugar causes breast cancer

**Myth:** Carrying a phone in your bra can cause breast cancer

**Myth:** All breast cancers are the same

**Myth:** Bras with underwire can cause breast cancer

# TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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**Community Spotlight:** Panhandle Breast Health continues to work to decrease breast cancer deaths by increasing mammogram rates through education, access and advocacy. Contact: 301 South Polk Street, Suite 740, Amarillo, Texas 79101 806.331.4710

**Lizabeth Gresham** is a Family and Community Health Agent with Texas A&M AgriLife Extension Potter County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as active living, health, nutrition, & wellness, chronic disease prevention, literacy, financial management, healthy aging, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community.

## Path to Plate.....

### Roasted Sweet & Purple Potatoes

#### Ingredients:

2 purple sweet potatoes, well scrubbed and cubed  
4 sweet potatoes, well scrubbed and cubed  
Extra virgin olive oil  
Kosher or sea salt  
Freshly ground black pepper, to taste  
1-2 cloves garlic, minced  
1 lemon, zested and juiced

#### Directions

Preheat oven to 425°F. Line a large rimmed baking sheet with aluminum foil. Stir together sweet potatoes, 2 tablespoons of the oil, 1 teaspoon of the salt, and ½ teaspoon of the black pepper & garlic in a large bowl. Spread in an even layer on prepared baking sheet. Bake until vegetables are tender, about 30 minutes. Garnish with chopped cilantro, lemon juice and additional olive oil.



**Can you eat sweet potato skin?** It's a good source of fiber, a nutrient that may help lower the risk of heart disease and keep you feeling full for longer periods of time. The next time you make a sweet potato dish, whether it's a roasted side dish or a hearty, cozy casserole, leave the peel on.