
October is Nat'l Breast Awareness Month

While considerable progress has been made in the fight against breast cancer, it remains the most frequently diagnosed type of non skin cancer and the second leading cause of cancer deaths among women.

Breast cancer is a malignant tumour that develop from cells of breast. The disease occurs mostly in women, but does occur rarely in men. There are many different types of breasts cancers and breast cancer is thought to be the leading cause of death in women in the western hemisphere. All women are at risk for breast cancer, and this increases when they have a family history of breast cancer. Other risks factors result when they are over 50 years old, have their first child over the age of 30, have never had children and/or are obese. It is important to note that early detection is a women's best defence. It is always encouraged that women do self-examination at the same time each month. In addition, they must have clinical examination by a physician regularly and do a mammogram at least once a year if you are 40 years and over. There is no certain way to prevent breast cancer. For now, the best plan for women at average breast cancer risk is to reduce risk factors whenever possible. Mammograms are very important as they are the number one screening tool. It is able to detect lumps two years before they can be felt. They are also able to detect other abnormalities which indicate the presence of cancer. They should be done every year for women 40 years and older. Treatment options of the cancer may include surgery, radiation, chemotherapy, hormone therapy, and immunotherapy. Breast cancer awareness is the signified by the wearing of pink ribbon and the Jamaica Cancer Society had its pink day on October 1. However, the wearing of the pink ribbon will continue throughout the rest of the month as the Cancer Society has a host of activities scheduled.