



October 2020

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This Listserv has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



Fall Jokes

Q – What do you use to mend a jack-o-lantern?

A – A pumpkin patch.

Q – Why did the scarecrow win the prize?

A – Because he was out-standing in his field.


Q – What did one autumn leaf say to the other?


A – I'm falling for you.





October is Breast Cancer Awareness Month


Understanding Breast Cancer - the Basics

 Breast cancer is very treatable if found early. In 90% of cases where it is found early, women will live at least another five years, which experts say is a cure.

 A mammogram is a low-dose x-ray exam of the breasts to look for changes that are not normal. The results are recorded on x-ray film or directly into a computer for a radiologist to examine.

 Breast cancer is very rare among men. For every 1,000 people who have a breast cancer diagnosis, men make up 1 of those 1,000.

 Among women, breast cancer is the most common cancer and the second leading cause of cancer deaths behind lung cancer.

 Once the cancer begins to spread, it is harder to treat, although treatment can often control the disease for years. Improved screening procedures and treatment options mean that at least 7 out of 10 women with breast cancer will live more than 5 years after initial diagnosis, and half will live more than 10 years.

 The National Cancer Institute recommends:

- Women 20 years and older should get a clinical and breast and pelvic exam.
- Women 40 years and older should get a mammogram every 1 to 2 years.
- Women with a family history of breast cancer should get a mammogram 10 years before the age their youngest relative with breast cancer was diagnosed.

Breast Cancer Prevention

 **Risk Factors:**

- Personal or Family History of Breast Cancer
- Starting Menstruation (having a period) before age 12 or Starting Menopause (when periods stop) after age 55
- Having had chest radiation treatment
- Having taken drugs that prevent miscarriages
- Having your first child after the age of 35 or never having children at all

What you can do to prevent breast cancer:

- Eat a low-fat diet
- Maintain a healthy weight
- If you drink alcohol, drink one drink per day or less
- Exercise 30 minutes or more on most days
- Breast feed your babies

What to watch for:

- A lump, which can feel like a frozen pea. These are lumps that don't come and go with your menstrual cycle – they stay and grow.
- Pain in your breast that doesn't go away.
- Bloody drainage from the nipple.
- Change in breast shape, like an irregular shape or dimpling of the skin.



The information was found in accordance with the following articles:

https://www.assessyourrisk.org/?_ga=2.101985665.1025354517.1539014071-1516410834.1539014071

<https://www.womenshealth.gov/cancer/breast-cancer>

<https://www.webmd.com/breast-cancer/guide/breast-cancer-overview-facts>

<https://www.nationalbreastcancer.org/male-breast-cancer>

NMCrisis And Access Line: Call toll free anytime
24/7/365 1-855-NMCRISIS (662-7474)



NMConnect
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Resources

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Crisis And Access Line
Call for support and resources
1-855-NMCRISIS (662-7474)
Toll Free 24/7/365

If you are having a life threatening emergency, call 911 immediately.

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LINE**



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Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team

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