

LOWER YOUR RISK OF BREAST CANCER



K-STATE
Research and Extension





In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, from any USDA office, by calling (800) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1666 or (202) 690-7442;

email:
program.intake@usda.gov

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles. (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1666 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov

Esta institución ofrece igualdad de oportunidades.

Kansas State University is an affirmative-action, equal-opportunity employer.

- K-State Research and Extension programs and materials are open to all, without regard for race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status.



K-STATE
Research and Extension

Today we will...

- Increase awareness of the prevalence of breast cancer in women and men in the United States.
- Identify risk factors for developing breast cancer.
- Give examples of lifestyle choices that reduce the risk of breast cancer.
- Discuss the benefits of breast cancer screening and early detection.
- Recognize the importance of knowing ourselves as key to early detection.



Breast Cancer

A type of cancer that starts in the breast when a genetic change causes normal cells to grow out of control.

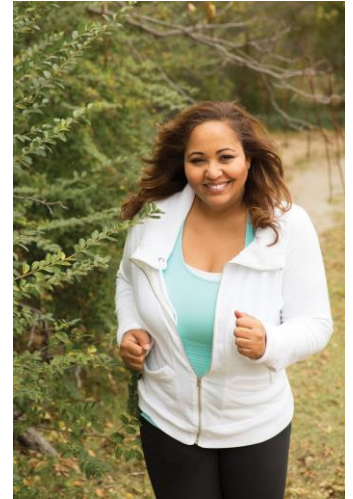
Prevalence

Benign VS Malignant

At-Risk Populations

The most significant risk factors for developing breast cancer are:

- 1) Gender - Female
- 2) Age – Getting older (50 years and up)



Disease and Genetics

? Has your mother or sister had [breast cancer](#)?

? Do you have immediate family members who have diabetes?

? What other health challenges has your family been faced with?





What Can You Do?

- ✓ Achieve and maintain a healthy weight
- ✓ Eat a diet rich in fruits, vegetables and whole-grains
- ✓ Regular exercise

What Can You Do?

- ✓ Drink little or no alcohol
- ✓ Avoid or minimize post-menopausal hormone treatment
- ✓ Breastfeed

Early Detection

- Keys to prevention
 - Find breast cancer early
 - Seek medical treatment immediately
 - Know yourself



Early Detection - Mammograms

- Ask doctor what is best for you.
- High risk clients may be asked to start screening at a younger age.



Lowering Your Risk – SMART Goals

Specific

Measurable

Attainable

Realistic

Timely/Time Bound



- Getting started is sometimes the most difficult step.
- SMART goals can help you get “traction for action!”



SMART Goal Examples

Poor Examples

1. I want to lose weight.
2. I will eat more whole-grain foods.

Specific

Measurable

Attainable

Realistic

Timely/Time Bound



Positive Example

1. I want to lose 20 lbs in the next 3 months. I will walk 30 minutes each morning and ride my stationary bike for 15 minutes three times a week.



Traction for Action

Get Started:

- ✓ What **SPECIFIC** goal are you setting to reduce your risk of breast cancer?
- ✓ Is your goal **REALISTIC** for you? If you have no desire to change, then your goal is not realistic.
- ✓ Goals that are **MEASURABLE** can be tracked and targeted.
- ✓ **TIMELY/TIME BOUND** goals are ones that have a target for when it will be achieved.
- ✓ **ATTAINABLE** *means it is something you can really do.* If you have physical limitations, then running may not be an attainable part of your SMART goal – but walking might work!



Goals are not only absolutely necessary to motivate us. They are essential to really keep us alive.

Robert H. Schuller

Thank You!

- From Berny Unruh, Cottonwood Extension District Family and Community Wellness Agent and K-State Research and Extension
- Please take a few moments to complete the post-survey form.

Additional Resources

How to Create a Family Health History video (length: 37 sec) produced by Mayo Clinic: <https://www.youtube.com/watch?v=plolLk7fKag>

Family Health History Splainer video (2' 49 sec) video posted on the American Medical Association available at: <https://www.ama-assn.org/delivering-care/precision-medicine/collecting-family-history>

PDQ Screening and Prevention Editorial Board. PDQ Breast Cancer Prevention. Bethesda, MD: National Cancer Institute. Available at: <https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>

