



Health & Fitness Weekly Wellness Message



This October, Health Fitness is proud to sponsor National Breast Cancer Awareness Month—a time to promote regular mammograms and increase early detection of breast cancer. About 1 in 8 women in the United States will get breast cancer. Other than skin cancer, breast cancer is the most common kind of cancer in women. According to the Centers for Disease Control and Prevention, breast cancer is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in White, Black, Asian/Pacific Islander, and American Indian/Alaska Native women.

Mammograms can help find breast cancer early when there is the best chance for treatment. It is important for women to practice the elements of good breast health. It is suggested women:

- Obtain regular mammography screening starting at the age of 40
- If you are a woman between age 50 and 74 you need a mammogram every 2 years
- If you are older than 74, talk with your doctor about whether you need a mammogram
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician

These are general guidelines. Talk to your doctor about your risk for breast cancer, especially if breast or ovarian cancer runs in your family. Your doctor can help you decide when and how often to get a mammogram. For more information on assessing your risk factors as well as questions you may want to ask your doctor during a mammogram, click on the following links:

- Breast Cancer Risk Tool  
<http://www.cancer.gov/bcrisktool/>
- Breast Cancer Tutorial  
<http://www.nlm.nih.gov/medlineplus/tutorials/breastcancer/htm/index.htm>
- Mammograms: Questions for the doctor  
<http://www.healthfinder.gov/prevention/ViewTool.aspx?toolId=31>

If you want to hear the latest science about screening and treatment in person, come join us on Tuesday, October 18<sup>th</sup> from 1200-1300 for our Breast Cancer Awareness Lunch and Learn. Dr. Gandotra from the Ft. McNair Clinic will be our guest speaker. We will be meeting in Building 59 (ICAF), room 107. We hope to see you there!

**How can women get low-cost or free mammograms?**

For information on low- or no cost mammography screening, contact the Centers for Disease Control and Prevention (CDC) at (888) 842-6355 or visit their [Web site](#). Women seeking mammograms at a reduced rate are urged to make their appointment early in the year, as space may be limited. To find a breast-imaging facility, contact the National Cancer Institute at (800) 4-CANCER.

**Upcoming Noteworthy Events:** Armed Services Blood Drive  
24 Oct from 1000-1400  
Building 59, room 107

**ELIGIBILITY:**

To find out if you are eligible to donate, click on the following link:

[http://www.militaryblood.dod.mil/Donors/can\\_i\\_donate.aspx](http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx)

If you have any concerns or questions you would like to discuss with an expert, email Ms.Catheryn Adens at [Adens.Catheryn@med.navy.mil](mailto:Adens.Catheryn@med.navy.mil)

**FOR ANY QUESTIONS YOU MAY HAVE RELATED TO FOREIGN TRAVEL:**

[http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044\\_ForeignCountryTravelInfo\\_Oct2010.pdf](http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044_ForeignCountryTravelInfo_Oct2010.pdf)

**FOR APPOINTMENTS:**

Donors can go to [www.militarydonor.com](http://www.militarydonor.com) to register for an appointment. The sponsor code is McNair

**If you would like to donate but have a history of low iron levels,** please contact Nancy Gouveia at [nancy.gouveia@ndu.edu](mailto:nancy.gouveia@ndu.edu) for tips on how to boost your iron levels prior to the draw.

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