

SISTER 2 SISTER

A feminine touch of progress...

Proudly Supporting Breast Cancer Awareness Month

October is here and that means our wellness theme for this month is Breast Cancer Awareness! We included useful information on the facts and risk factors. We hope this newlester is as informative, helpful, and beneficial to you as it was for us to write it.

CHIEF EDITOR,
SHIRLEY RAMOS



The Facts

- Each year in the U.S, more than 200,00 women are diagnosed with breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancer occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women, by over 10%.





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RISK FACTORS

- The risk for breast cancer increase with age, most breast cancers are diagnosed after age 50.
- Women who start their periods before age 12 are exposed to hormones longer raising the risk for breast cancer by a small amount.
- Late or no pregnancy; having the first pregnancy after age 30 and never having a full term pregnancy can raise breast cancer risk.
- Starting menopause after age 55 increases your risk of breast cancer also .

BREAST SELF EXAM

The 5 Steps for Examining Your Own Breasts

Read more to find out how to examine your breast on your own and check for any lumps.

LUCY LOMBARDO





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STEP 1:

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, bring them to your doctor's attention:

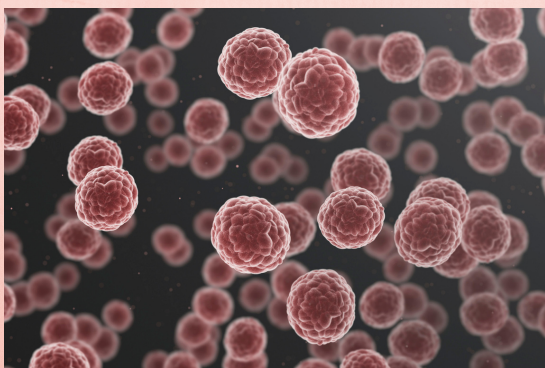
- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling



NEXT

Step 2: Now, raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



STEP 4:

Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.



STEP 5:

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.



Breast Cancer Awareness

I U V M V O Z M D U G P M H M G K R F L P M U L
R H O P E F M D A R M F U B I G W B W H G Y G W
C K C T K D W V K X C Y S T Z O M K C W A D B H
L H B E T S I B L A E Z E O D K I R F U Y H V S
H P L G A P S C N S R L E X V H A B Q H P R D Y
E H O E R V P C A U H T A M N E O Z L I S N A T
C E Y Q N Y E B D L E M L C S S P B Z N E Q J W
J B Z Z O R R I K E H P S E I G U O E I T H B P
F N T E B G Z Y Y Y M I R N E N W P R J X O O P
M A M M O G R A M I F L S U N H I F P U U B F I
G B O M Z Q M V N T Y R D T S T K L Q O J Z W H
S E L F B R E A S T E X A M O U R Y C H R S O T
X T H A L Y A X C P A W G F F R A U K U O T M I
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P H Y Y G W R G Q D J C V Z C I C Z X O I I H S

Woman

Survivor

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Medical History

Annually

Breast

Cancer

Clinical Exam

Faith

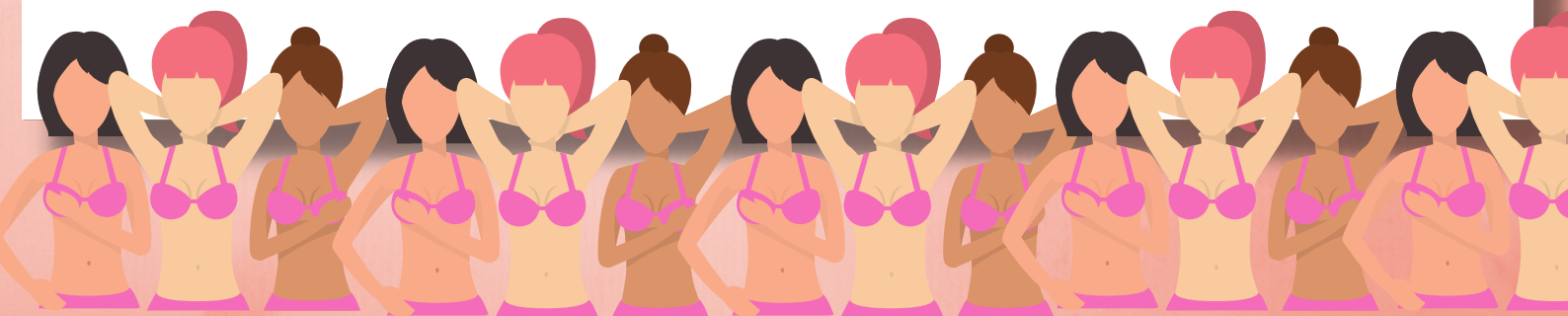
Friends

Hope

Life

Lump

Mammogram





**LENORA
BRUNSON-ÓNEAL**

SHIRLEY RAMOS

One of Local 300's very own...



**Two-Time Cancer Survivor
2008 and 2020**



**"Early detection is the
best protection."**



From top to bottom, left to right:

Yvette Johnson, VP Local 300 | Latina Crenshaw, BP Greater Newark | Marie Chery, BP NDC-NJI | Lucy Lombardo, BP-JFK | Irene Delgado, BP-NYC
Michelle Kimber, NJI-NDC | Lenora Brunson-Óneal, NJI-NDC | Shirley Ramos, Chief Editor



Words of Hope



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"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

-Helen Keller

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”

"Let your faith be bigger than your fear"

”

MICHELLE KIMBER ►

”

"Breast Cancer changes you, and the change can be beautiful."

-Jane Cook

”

"Courage doesn't always roar.

Sometimes courage is the little voice at the end of the day that says

I'll Try again tomorrow."

- Mary Anne Radmacher

”

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Thank you!

The Women's Caucus would like
to THANK YOU for purchasing
our Breast Cancer T-Shirts!

A donation will be made to the
Memorial Sloan Kettering
Cancer Center.