

TRUE OR FALSE?

1. Your chances of developing breast cancer dramatically increase with age.
2. Women 50 years and older should have a mammogram every other year.
3. If breast cancer is detected and treated, the 5-year survival rate is around 50%.
4. A woman diagnosed with breast cancer will have to lose at least one breast.
5. Eighty percent of all breast cancer in women is hereditary.
6. Breast cancer is the most commonly diagnosed form of cancer in Canadian women.
7. More than 8 out of 10 breast lumps are cancerous.
8. Women with larger breasts are more likely to develop breast cancer than are women with smaller breasts.
9. Smoking increases your risk of developing breast cancer.
10. If you drink 2 or more alcoholic beverages per day, your risk for getting breast cancer is 1.5 times greater than the risk for non-drinkers.

ANSWERS

1. **True.** Most breast cancers occur in women over age 50.
2. **True.** Women age 50 and over should have a mammogram every other year. All women should have yearly screening by a trained health care provider.
3. **False.** Five year survival rate is over 90% if cancer is detected early.
4. **False.** There are several other treatment options available, including removal of the lump.
5. **False.** Less than 10% of women with breast cancer have a family history.
6. **True.** Breast cancer accounts for 29% of all cancers in Canadian women.
7. **False.** 8 out of 10 lumps are not cancerous.
8. **False.** Breast size does **not** increase cancer risk.
9. **True.** Recent studies suggest that smoking may be a risk factor for breast cancer. More research is needed.
10. **True.** Drinking 2 - 5 alcoholic beverages a day increases your risk for breast cancer by 1.5 times as compared to women who do not drink at all.

Breast Cancer & Alcohol RESOURCES

ADDICTION OUTREACH
MUSKOKA-PARRY SOUND
Bracebridge direct – 645-1311
Parry Sound direct – 746-7113 or
East or West Parry Sound -
1-800-668-5192 in
Muskoka 1-800-668-1856

BREAST CANCER
SOCIETY OF CANADA
1-800-567-8767
www.bcsc.ca

BREAST HEALTH
INFORMATION FOR
NORTHEASTERN ONTARIO
www.breastnorth.info

CANADIAN BREAST
CANCER FOUNDATION
www.cbcf.org

CANADIAN CANCER
SOCIETY
1-888-208-2125 for East & West
Parry Sound
or 1-800-555-7922 for Muskoka
www.cancer.ca

CANCER CARE
ONTARIO
www.cancercare.on.ca

HEALTH CANADA
www.hc-sc.gc.ca

LOW RISK DRINKING
GUIDELINES
www.lrdg.net

MUSKOKA-PARRY SOUND
HEALTH UNIT
Gravenhurst – 684-9090 or
1-800-563-2808
Huntsville – 789-8813
Burk's Falls – 382-2018
Parry Sound – 746-5801
www.mpshu.on.ca

PARRY SOUND & DISTRICT
BREAST CANCER SUPPORT
GROUP
746-4540, ext 560 or
746-4316

RISK PROGRAM OF MUSKOKA-
PARRY SOUND
789-8813, ext. 225
www.frcentre.net/communities/
muskokaps.htm

WILLOW BREAST CANCER
SUPPORT & RESOURCE
SERVICES
416-778-5000
www.willow.org

The Ontario Breast Screening Program offers screening for Ontario women age 50 and older. For more information on breast health or to arrange for breast screening please contact your healthcare provider or contact them directly at:

ONTARIO BREAST SCREENING PROGRAM

For West Parry Sound: 705-746-4540, ext. 219

Bracebridge: 705-645-3000

For East Parry Sound & elsewhere in Muskoka: 1-800-661-8897

www.cancercare.on.ca/prevention_breastScreening.htm

Adapted with permission of C.E.A.S.E. (The Committee to End the Abuse of Substances in Essex County).



Alcohol Use & BREAST CANCER



About BREAST CANCER...

In 2003, 21,000 Canadian women were diagnosed with breast cancer. Another 5,400 women died from the disease. The causes of breast cancer are not fully known.

Risk factors you cannot control:

- Being female
- Getting older
- Having a close relative with breast cancer.
- Early menstruation (before age 12)
- Late menopause (after age 55)

Risk factors you can control:

- Type of diet
- Amount of alcohol consumed
- Amount of physical activity
- Use of hormone replacement therapy

Screening and Early Detection It Could Save Your Life

- If you are 50 or older, have your breasts screened every 1-2 years (mammography & clinical breast exam) by a specially trained health care professional
- If you are under the age of 50, get an annual clinical breast exam and discuss the benefits of mammography with your health care provider.

How CAN I LOWER MY RISK?

While breast cancer cannot be prevented, there are several lifestyle choices that can help to lower your risk.

A HEALTHY DIET

Diets high in vegetables and fruits, rich in fibre, and low in fats (including saturated fats) have been linked to lower cancer rates, including breast cancer. To minimize your risk:

- Eat 5-10 servings of vegetables and fruits every day
- Increase your fibre, for example, consume a half-cup serving of wheat-bran cereal each morning
- Choose lower fat milk-products
- When cooking, use monounsaturated fats (i.e. olive oil, canola oil)
- Avoid saturated fat (found in animal products such as butter and meat) and trans fat (found in processed foods like cookies, crackers, baked goods, fried snacks and fried fast-foods).

PHYSICAL ACTIVITY

Women who are physically active and maintain a healthy weight throughout life are less likely to develop breast cancer. To minimize your risk:

- If you are overweight, try to lose weight
- If you are a healthy weight, maintain that healthy weight
- Be active for at least 30-60 minutes a day, 4-7 days a week



What ABOUT ALCOHOL?...

Current research suggests that even low levels of alcohol consumption increase your risk for developing breast cancer. Fortunately, you can lower your risks by following a couple of simple guidelines.

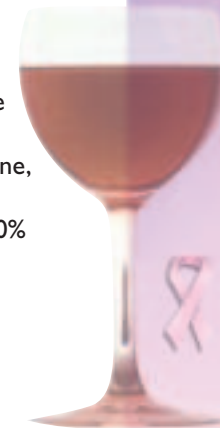
- If you don't already drink, don't start.
- If you do drink, limit yourself to one standard drink per day.
- There should be at least one day a week when you don't drink.
- The heart health benefits of alcohol apply mainly to people over the age of 45.
A little goes a long way. In most cases, one drink of beer, wine or liquor every other day is enough.

WHAT IS A STANDARD DRINK?

In Canada, a standard drink contains 13.6 grams of alcohol.

That is the amount in:

- 341 ml/12 oz bottle of regular strength beer (5% alcohol)
- 142 ml/5 oz glass of table wine (12% alcohol)
- 85 ml/3 oz glass of fortified wine, such as sherry (18% alcohol)
- 43 ml/1.5 oz glass of spirits (40% alcohol)



"Individuals who consume more than one drink per day have a 1.5 times greater risk for breast cancer than non-drinkers."

- American Cancer Society