

A publication of the
Pinellas County Health Department

October is Breast Cancer Awareness Month



Know the facts...

Breast cancer is the most common cancer (other than skin cancer) among American women. In fact, 1 in 8 women will develop breast cancer in their lifetime. Breast cancer is the second leading cause of cancer deaths, after lung cancer. Not all cases of breast cancer

can be prevented, but there are things you can do to reduce your risk.

Doctors and health care professionals use certain clues or "risk factors" to help identify women who may be in greater danger of breast cancer. While most women who develop breast cancer do not have any risk factors, it is important to check with your health care provider if you are in any of these categories:

- ◆ **Age.** The risk of breast cancer increases with age. Most breast cancers occur in women age 50 and older.
- ◆ **Personal History.** Women who have had cancer and women with a history of certain breast conditions may be at greater risk.
- ◆ **Family History.** The risk of getting breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease.
- ◆ **Genetics.** In rare cases, a woman can inherit a gene that increases her risk of breast cancer.
- ◆ **Smoking.** Besides increasing the risk of cancer, smoking causes heart disease and other serious illnesses.
- ◆ **Hormones.** Having an early first period or beginning menopause late in life increase the risk of breast cancer.
- ◆ **Nutrition.** Diets that include large amounts of saturated or hydrogenated fats increase risk of

cancer. There is also a risk factor in consuming two or more drinks a day that contain alcohol.

Early detection of breast cancer leads to more treatment options and better outcomes. And while it is true that breast cancer is not always found early, it is important to take an active role in prevention and detection.

- ◆ Learn how to do a monthly breast self examination (BSE) and report any unusual findings to your health care provider.



- ◆ Talk to your health care provider about a clinical breast examination and recommendations for regular mammograms

(x-rays of the breast).

If you have been diagnosed with breast cancer, do not give up hope. Many cases of breast cancer are treated successfully, and there are hundreds of breast cancer survivors in our community. Knowledge is power, and it starts with you!

The Pinellas County Health Department offers free breast and cervical cancer screening exams including clinical breast exams, mammograms, and Pap tests to uninsured and underinsured women with low income who are 50 to 64 years of age. The program offers women breast and cervical cancer screenings during one clinical visit. Women are then given an appointment for a mammogram at a local mammography facility. Appropriate referrals, and when necessary, diagnostic follow-up, case management, and assurances for medical treatment are provided. For more info, call (727) 824-6917.

Our Vision

Healthier
People In A
Healthier
Environment

Pinellas County Health Department

October is Domestic Violence Prevention Month

Working to End Violence Against Women & Children



National Domestic Violence Month is an annual observance sponsored by the National Coalition Against Domestic Violence. It is a month set aside to mourn the women

who lost their lives to domestic violence and to celebrate the strength of women who have survived.

Domestic violence has been defined by the Centers for Disease Control as “threatened or actual physical or sexual violence, or psychological and emotional abuse directed towards a spouse, ex-spouse, current or former boyfriend or girlfriend, or current or former dating partner.” According to a recent survey, one in four women has been physically or sexually assaulted by an intimate partner.



There are some warning signs that might indicate a person could be abusive: someone who had a violent upbringing; uses violence or force to “solve” problems; uses alcohol or other drugs; has strong ideas about the role of a husband and wife; is jealous of the spouse or partner’s other relationships; has access to weapons and threatens to use them; expects a spouse or partner to follow orders or advice; experiences mood swings with extreme highs and lows; and/or treats a spouse or partner roughly.



There are some things you can do to help yourself. If you are still in the relationship:

- ◆ Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom) or rooms with weapons (kitchen).
- ◆ Think about and make a list of safe people to contact.
- ◆ Keep change with you at all times for using a pay phone.
- ◆ Memorize all important numbers.
- ◆ Establish a "code word or sign" so that family, friends, teachers, or co-workers know when to call for help.

Remember, you have the right to live without fear and violence.

Contact the Pinellas County Health Department’s Violence Prevention Program at 824-6916 for more information.

“Man’s Work” Includes Coaching Boys into Men



The boys in your life need your time and energy...your son, grandson, nephew, younger brother. The boys you teach, coach, and mentor all need you to help them grow into healthy young men who do not use

violence to express their feelings.

Boys need your advice on how to behave toward girls. Boys are watching how you relate to women to figure out their own stance towards girls. So, **teach boys early and teach them often that there is no place for violence in a relationship.** Here’s how...

Teach Early. It’s never too soon to talk to a boy about violence. Let him know how you think he should express his anger and frustration — and what is out of bounds. Talk with him about what it means to be fair, share, and treat others with respect.

Be there. If it comes down to one thing you can do, this is it. Just being with boys is crucial. The time doesn’t have to be spent in activities. Boys may not say this directly, but they want a male presence around them even if few words are exchanged.

Listen. Hear what he has to say. Listen to how he and his friends talk about girls. Ask him if he’s ever seen abusive behavior in his friends. Is he worried about any of his friends who are being hurt in their relationships?

Be a Role Model. Men who spend time with boys have the greatest impact when they “walk the walk.” Boys learn what respect means by watching how you treat others. Make respect a permanent way of dealing with people – when you’re stuck in traffic, talking with people, in restaurants with waiters, and with your family around the dinner table. Your boy is watching what you say and do and takes his cues from you, both good and bad. Be aware of how you express your anger. Use every opportunity to reinforce the message that violence has no place in a relationship. **Remember, you can help shape a boy as he becomes a man.**



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