

E-Healthy Newsletter



October is National Breast Cancer Awareness Month!!



Ambassador Nancy G. Brinker



Chief Charles J. Hurley, Miami-Dade Schools Police Department, recognizes **Ambassador Nancy G. Brinker**, global cancer advocate and founder of Susan G. Komen for the Cure. What began as a promise from one sister to another, has transcended into a global breast cancer movement on a mission to create a world free from breast cancer.

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

As a result to events like the Komen Race for the Cure, more than \$1.9 billion has been raised to fulfill the promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.



President Barack Obama honored Ambassador Nancy G. Brinker with the **Presidential Medal of Freedom**, the nation's highest civilian honor. Brinker is currently Goodwill Ambassador for Cancer Control for the United Nations' World Health Organization. She is a leading advocate for cancer control programs in the United States and around the world.

Breast Self-Awareness – Helpful Hints for Women ...

1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

3. Know what is normal for you

See your health care provider if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

