

# ENCOREPLUS BREAST CANCER OUTREACH PROGRAM NEWSLETTER

Volume 1 / Issue 2

ENCOREplus provides breast cancer information and education materials, barrier reductions to ensure that people can go to critical breast health appointments, and becomes the reminder for individuals to get their annual mammograms.

#### Barrier Reduction Includes:

- Resource and Referral Information (financial aid)
- Transportation Assistance (to and from appointment)
- Bilingual Interpreter (Spanish- 273-6665)



eliminating racism  
empowering women **ywca**

## WHY IS GETTING A MAMMOGRAM IMPORTANT?

There is still a lot of debate as to whether or not a mammogram really does detect cancer early enough and a lot of women believe that a mammogram is not the best option for them. Breast cancer symptoms can be caught early through breast self-exams, but in a lot of cases, there are no tangible cancer symptoms know before getting tested. This is why it's so important to go to annual breast cancer screening appointments. The American Cancer Society (ACS) still recommends that women age 40 and older being going to annual breast cancer screenings unless stated otherwise by your doctor. Even men who notice a change in breast tissue are encouraged to get a mammogram as 1 in 1000 men will get breast cancer. At ENCOREplus we encourage everyone to check themselves and to also schedule your annual mammogram when the time is right!

### Things to Look For

1. A lump, hard knot or thickening inside the breast or underarm area
  2. Swelling, warmth, redness or darkening of the breast
  3. Change in the size or shape of the breast
  4. Dimpling or puckering of the skin
  5. An itchy, scaly sore or rash on the nipple
  6. Pulling in of the nipple or other parts of the breast
  7. Nipple discharge that starts suddenly
  8. New pain in one spot that won't go away
- Source: Susan G. Komen for the Cure

## Have You Gotten Your Mammogram Recently?

ANYONE CAN USE THIS SERVICE!!!

**Here at ENCOREplus we want to reward you for going and getting your mammogram; which is a VITAL tool in detecting breast cancer early.**

Step 1: Get your mammogram

Step 2: Call ENCOREplus at 816-232-4481 and answer a few questions.

Step 3: We mail you a free gift and enter you in a drawing to win a massage. (The gift changes every year).

## ENCOREPLUS & PARTNER AGENCIES

Social Welfare Board : 816-344-5233

Northwest Health Services : 816-233-3338

Mosaic Life Care : 816-271-1278

United Way of Greater St. Joseph : 816-364-2381

YWCA ENCOREplus : 816-232-4481



## LADIES DAY AT THE YWCA – VENDOR FAIR

Saturday, April 29th – 9:00am – 1:00pm – YWCA St. Joseph 304 N 8<sup>th</sup> St  
– There is no cost to attend.

Come bring your friends and check out several vendors at this annual event. Find everything from LipSense to Paparazzi Jewelry, to homemade crafts and gifts. There is also a raffle: \$1 a ticket or \$5 for 6 tickets.

All proceeds of the raffle go to the ENCOREplus Breast Cancer Outreach Program.

Interested in being a vendor? We still have a few spaces left. Contact Chelsea Teater at [cteater@ywcasj.org](mailto:cteater@ywcasj.org) or at 816-232-4481.

*“I never knew the YWCA had such a program and never knew I could turn to them in my time of need.” – Claudia*

### Risk of Heart and Lung Problems from Breast Radiation Higher for Smokers

Studies have found a link between radiation therapy for breast cancer and a higher risk of heart and lung problems, especially if the cancer is in the left breast, the same side as the heart. Radiation therapy uses a special kind of high-energy beam to damage cancer cells. A study looking at results from a number of other studies found that smokers have a much higher risk of dying from lung cancer or a heart attack as a result of radiation therapy for breast cancer.

The researchers looked at the risks of radiation therapy in women who were long-term smokers compared to women who didn't smoke. The estimated risk of dying from lung cancer from modern breast cancer radiation therapy was: 4% for long-term smokers and 0.3% for non-smokers. The estimated risk of dying from heart problems from modern breast cancer radiation therapy was: 1% for long-term smokers and 0.3% for non-smokers

The researchers pointed out that the risks of modern radiation therapy for breast cancer may outweigh the benefits for long-term smokers. Still, for most non-smokers and former smokers, the benefits of radiation therapy outweigh the risks. As this study strongly suggests, it makes sense to quit smoking if you've been diagnosed with breast cancer. Besides increasing the risks of radiation therapy, smoking also can make it harder for you to heal after surgery and can increase your risk for blood clots if you're taking hormonal therapy medicine.

To read this entire article: <http://www.breastcancer.org/research-news/rads-risks-much-higher-for-smokers>

*ENCOREplus would love to talk with your organization, church, or group about our program.  
Contact Chelsea (contact info below) if interested. Breast Cancer affects 1 in 8 women worldwide.*



ENCOREplus Breast Cancer Outreach Program – YWCA St. Joseph MO  
Contact: Chelsea Teater, ENCOREplus Coordinator Phone: 816-232-4481  
Website: <http://ywcasj.org/what-we-do/womens-health/>

304 N 8<sup>th</sup> St, St. Joseph MO 64501  
Email: [cteater@ywcasj.org](mailto:cteater@ywcasj.org)  
Facebook: YWCA St. Joseph

YWCA is proud to be a United Way Partner Agency