



Breast Cancer Awareness Month

U.S. Breast Cancer Statistics

- About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime. As well as 1 in 1,000 men but it is very rare.
- Breast cancer makes up about 30% of new cancer diagnoses in women and 15% of all new cancer diagnoses each year. However, the rate of breast cancer cases began dropping in the year 2000 and has continued declining since.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. In 2017, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers.
- In women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. For Asian, Hispanic, and Native-American women, the risk of developing and dying from breast cancer is lower.
- As of January 2018, there are more than 3.1 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- A woman's risk of breast cancer nearly double if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15% of women who get breast cancer have a family member diagnosed with it.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen because of the aging process and life in general, rather than inherited mutations.



5 Ways to Reduce Your Breast Cancer Risk

1. **Watch your weight:** Being overweight or obese increases breast cancer risk. This is especially true after menopause and for women who gain weight as adults. Having more fat tissue can increase your chance of getting breast cancer by raising estrogen levels.
2. **Exercise regularly:** Many studies have found that exercise is a breast-healthy habit. Get at least 150 minutes of moderate-intensity activity each week.
3. **Limit time spent sitting:** Evidence is growing that sitting time increases the likelihood of developing cancer, especially for women.
4. **Limit alcohol:** Research has shown that women who have 2-3 alcoholic drinks a day have about 20% higher risk compared to women who don't drink at all. Women who have 1 alcoholic drink a day have a very small increase in risk. Excessive drinking increases the risk of other cancer types too.
5. **Avoid or limit hormone replacement therapy:** Hormone replacement therapy (HRT) was used more often in the past to help control night sweats, hot flashes, and other symptoms of menopause. But researches now know that postmenopausal women who take a combination of estrogen and progesterin may be more likely to develop breast cancer. Breast cancer risk appears to return to normal within 5 years after stopping combination of hormones.

Simon, Stacy. "Five Ways to Reduce Your Breast Cancer Risk." American Cancer Society, 2 Oct. 2017, www.cancer.org/latest-news/five-ways-to-reduce-your-breast-cancer-risk.html.

"U.S. Breast Cancer Statistics." Breastcancer.org, 9 Jan. 2018, www.breastcancer.org/symptoms/understand_bc/statistics.

Recipe of the Month: Pumpkin Pancakes



Kristi



Damian



Toni



Michael



Abby

Directions

1. Whisk flour, baking powder, pumpkin pie spice, baking soda and salt in a large bowl. Whisk egg, buttermilk, pumpkin, pecans, oil, sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Resist overmixing- it will make the pancakes tough.
2. Let the batter sit, without stirring, for 10-15 minutes. As the batter rests, the baking powder forms bubbles that create fluffy pancakes and the gluten in the flour relaxes to make them more tender.
3. Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring the batter, measure out pancakes using about ¼ cup batter per pancake and pour into the pan (or griddle). Cook until the edges are dry, and you see bubbles on the surface, 2-4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.



*Make ahead tip: the mixture of dry ingredients can be stored airtight for up to 1 month; the batter can be refrigerated for up to 1 day; cooked pancakes can be frozen airtight, in a single layer, for up to 3 months. Reheat in the microwave or oven. *

Ingredients

- 1 ½ cups white whole-wheat flour
- 2 tsp baking powder
- ½ tsp pumpkin pie spice
- ¼ tsp baking soda
- ¼ tsp salt
- 1 large egg
- 1 ½ cups buttermilk
- 1 cup pumpkin puree
- ¼ cup toasted chopped pecans
- 2 tbsp canola oil
- 1 tbsp sugar
- 1 tsp vanilla extract

Active: 50min Ready in: 1hr

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