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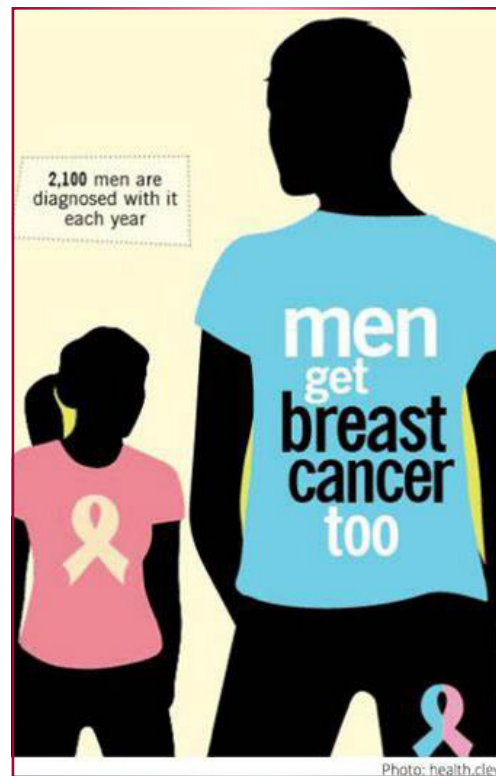


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Breast cancer can be found in men



By VICKI BROWN

Breast cancer is typically found in women, but some men can get breast cancer too. According to the Center for Disease Control, men account for about one out of every 100 breast cancers diagnosed in the United States.

The most common types of breast cancer in men are the same types that can be found in women.

First, there is the invasive ductal carcinoma. These cancer cells form and grow outside the milk ducts into other parts of the breast tissue. Men have these ducts, too, but they don't have any function. The cells can spread, or metastasize, to other parts of the body.

Next, there is invasive lobular carcinoma. Men have fewer lobules than women, but cancer cells can spread from the lobules to the breast tissues that are nearby. This invasive cancer can also metastasize to other body parts.

The last is ductal carcinoma in situ (DCIS). This is a breast disease that can lead to breast cancer. In this disease, cancer cells appear in the lining of the ducts and have not yet spread to other tissues.

The Mayo Clinic says that male breast cancer is most common in older men, though it can occur at any age. The earlier it is diagnosed, the better is the chance for a cure.

Signs and symptoms of male breast cancer can include:

- A painless lump in the breast tissue
- Obvious changes to the skin over and around the breast like puckering, scaling or redness.
- A nipple that begins to turn inward

- Discharge from the nipple

Treatment usually involves surgery where the affected breast tissue is removed. Further treatment such as chemotherapy and radiation may be recommended.

Increased risk factors

Oncologists at the Mayo Clinic say that several factors can increase a man's chance of getting breast cancer. Having these risk factors does not mean you will ultimately get breast cancer, but they are something to look out for.

Risk factors for men over the age of 50 include:

- Inherited genes, such as BRCA1 AND BRCA2;
- Family history of breast cancer;
- Previous radiation therapy, hormone therapy drugs, Klinefelter syndrome (extra X chromosome);
- Conditions that affect the testicles;
- Liver disease;
- Being overweight and/or obesity.

How can a man reduce his risk of breast cancer?

Have a doctor check you for the BRCA1 or BRCA2 mutation. Your doctor will know what to do from test results.

Keep a healthy weight and exercise regularly.

Survival rates, depending on where the cancer is found and how early it is diagnosed can run from 84 percent to 97 percent. In most studies, men had a higher death rate of breast cancer than women, mainly because men pay less attention to their breast areas.

Early detection is the key to a long, healthy life.

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BREAST CANCER AWARENESS MONTH

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Diary of a mammogram



By VICKI BROWN

When women reach the age of 35, they need to begin considering having a mammogram. After that first initial mammogram, you need to have one every year: make it a habit, like paying taxes, getting your oil changed or having your annual physical. It's important to have that regular and annual checkup, because if cancer is found, early detection can mean a 100 percent survival rate.

Some women are frightened by the idea of a mammogram because they don't know what to expect. There is a process to go through when having one, and it is less intimidating when you know what to do.

The first step - if you are under 40 - is to contact your doctor and ask for a mammogram script. A mammogram between ages 35 and 40 will give future mammographers a baseline to follow and map changes in the breasts. Your doctor will write you a prescription to take with you.

If you are age 40 or over, you can schedule an appointment simply by going online to the Colleton Medical Center Web site and look under the tab, My Health Resources.

Create an account online and complete the

information requirements. If you have problems, call 877-782-2620. Mammogram screenings are scheduled on Wednesdays and Fridays between five excellent mammographers.

Be sure to contact your insurance company to see what is covered in your plan. For some insurance carriers, a yearly mammogram is free. For others, they will pay for a mammogram every two years. If you don't have health insurance, you can check with your local hospital or health department for help.

On the day of your appointment, do not wear deodorant, lotion, perfume, body spray or powder on your upper body. Colleton Medical Center's lead mammographer Daphne Hooper has some other advice as well.

"Don't drink caffeine before your mammogram. Caffeine makes the breasts more tender than usual, and so does chocolate," said Hooper, who has been a mammographer for 21 years.

"It is also best to wait to have a mammogram seven to 10 days after your last menstrual cycle so your breasts will be less sensitive," she added.

Once your appointment day has arrived, you'll be taken to a dressing room, where you will take off your top and bra and put on a gown with the front open. The technician is understanding and will help

Photo by Vicki Brown

DIGITAL MACHINE HELPS WITH MAMMOGRAMS. Colleton Medical Center's Lead mammographer Daphne Hooper demonstrates how the mammogram machine works. The machine is able to rotate and take digital pictures of the breast that will be kept and compared to subsequent mammograms for the next 10 years.

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you maintain your modesty as much as she can. Then, as you relax, she will gently place each breast, one at a time, between glass plates and press down to flatten the breast as much as possible. The machine takes digital pictures of the nodes, ducts and vessels in the breast.

It is rarely a painful procedure, just somewhat uncomfortable, and it usually takes less than 15 minutes from beginning to end.

The technician will ask you to wait for a few minutes to make certain that the pictures are clear and then you can dress and leave. The digital pictures are read by a radiologist and emailed to you the same day as your appointment. You will also receive a letter by mail with the results. The results are also sent to your doctor to go in your file.

The digital pictures are saved for up to 10 years, and radiologists compare the pictures from year to year.

If there is a problem found in one of the breasts, you will be asked to come back in for a few more pictures.

"Sometimes breast tissue clumps together, and it appears there is a problem when there isn't one. So,

we take a few more pictures to be sure," said Hooper. "If we do find a problem, an ultrasound is immediately performed and the radiologist will talk to you before you leave so you will know your results that day."

While a mammogram is not a "trip to the beach", it is a simple and easy procedure that brings peace of mind. Early detection is the key to a healthy, long life, and a mammogram screening makes that possible.



Photo by Vicki Brown

ONCE A YEAR. Mammographer Daphne Hooper welcomes patients and prepares them for mammograms. "Women need to have these yearly, as recommended by the American Cancer Society," said Hooper.



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Throw a 'mamm' party and have a little fun



By HEATHER RUPPE

There are a lot of adjectives that we can use to describe having a mammogram: time-consuming, scary, uncomfortable, boring, anxiety-filled, cold. But there is always one word associated with a mammogram that stands out above the rest – important.

As we all know, having a mammogram is a life-saving necessity. But, making the time for it isn't always easy to do. If that's the case for you, why not have a mammogram party?

These parties became a trend in 2009, and are creeping into smaller towns across the nation.

A mammogram party gives a woman and a few of her friends a chance to do two very important things: have a mammogram and enjoy friendships. This is even more important when you look at the statistics: in South Carolina this year, there are 4,990 cases of breast cancer cases. Breast cancer is the number one type of cancer in the Palmetto State, followed by prostate and then lungs.

Because of this, it is critical to do self-breast exams and to have an annual mammogram.

So, if you're interested in throwing your own "mamm party," as they are often called, here a few steps:

1. Contact your local imaging center to see if they host parties.
2. If they do host parties, make sure to find out the imaging centers' policies for insurance and share that information with your friends.
3. Look for an imaging center that provides party details, like food or invites. Many do this.
4. If your local imaging center does not allow for this, make scheduled appointments for you and your friends in one large block, giving yourself time for dinner afterward. You can also book a spa appointment for your friends following the mammograms.
5. Have fun with it! Wear tiaras, embroidered shirts, and enjoy the support of friendship!
6. Book this experience every year, making it an annual mammogram with a fun dinner or social event tied to it.

File photo

MAMM PARTIES. Fun cupcake designs, unique invites and after-mammogram spa treatments are all part of a new trend helping women to better enjoy having a mammogram.

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INVITE THE GIRLS. Finding cute invitations like these can add to the fun when planning a mammogram party for you and your friends. These parties are annual events and help to make having a mammogram more fun.

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How to deal with a new cancer diagnosis

By Mayo Clinic Staff and Staff Writers

If you've been diagnosed with cancer, knowing what to expect and making plans for how to proceed can help make this stressful time easier. Staying true to yourself and keeping a healthy and active lifestyle and a positive attitude are simple things that have proven effective in the fight against – and the comeback from – a breast cancer diagnosis.

Learning that you have cancer is a difficult experience. After your cancer diagnosis, you may feel anxious, afraid or overwhelmed and wonder how you can cope during the days ahead. Here are 11 suggestions for coping with a cancer diagnosis.

Get the facts about your cancer diagnosis

Try to obtain as much basic, useful information about your cancer diagnosis as you need in order to make decisions about your care.

Write down your questions and concerns beforehand and bring them with you. Consider asking:

- What kind of cancer do I have?
- Where is the cancer?
- Has it spread?
- Can my cancer be treated?
- What is the chance that my cancer can be cured?
- What other tests or procedures do I need?

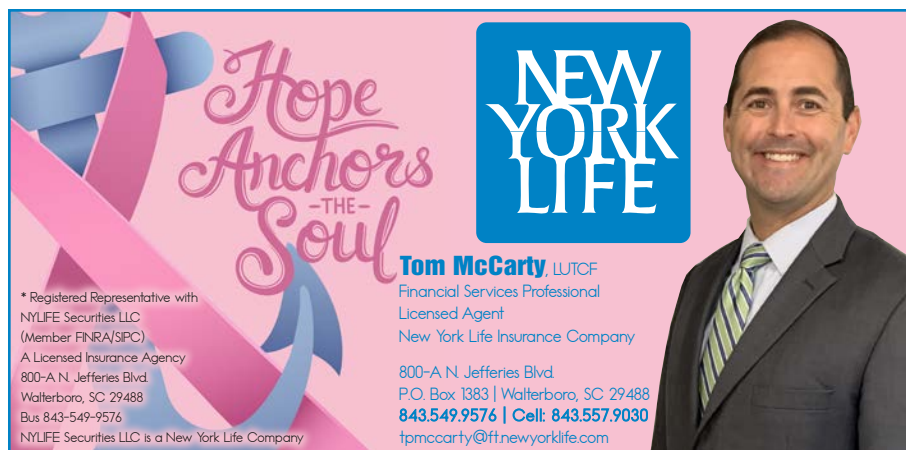
- What are my treatment options?
- How will the treatment benefit me?
- What can I expect during treatment?
- What are the side effects of the treatment?
- When should I call the doctor?
- What can I do to prevent my cancer from recurring?
- How likely are my children or other family members to get cancer?

Consider bringing a family member or friend with you to your first few doctor appointments to help you remember what you hear.

You might also want to consider how much you want to know about your cancer. Some people want all the facts and details, so they can be very involved in the decision-making process. Others prefer to learn the basics and leave details and decisions to their doctors. Think about which approach works best for you. Let your health care team know what you'd prefer.

Keep the lines of communication open

Maintain honest, two-way communication with your loved ones, doctors and others after your cancer diagnosis. You may feel particularly isolated if people try to protect you from bad news or if you try to put up a strong front. If you and others express emotions honestly, you can all gain strength from each other.



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Anticipate possible physical changes

Now — after your cancer diagnosis and before you begin treatment — is the best time to plan for changes. Prepare yourself now so that you'll be better able to cope later.

Ask your doctor what changes you should anticipate. If drugs will cause hair loss, advice from image experts about clothing, makeup, wigs and hairpieces may help you feel more comfortable and attractive. Insurance often helps pay for wigs, prostheses and other adaptive devices.

Members of cancer support groups may be particularly helpful in this area and can provide tips that have helped them and others.

Also consider how treatment will impact your daily activities. Ask your doctor whether you can expect to continue your normal routine. You may need to spend time in the hospital or have frequent medical appointments. If your treatment will require a leave of absence from your normal duties, make arrangements for this.

Maintain a healthy lifestyle

This can improve your energy level. Choose a healthy diet consisting of a variety of foods and get adequate rest in order to help you manage the stress and fatigue of the cancer and its treatment.

Exercise and participating in enjoyable activities also may help. Recent data suggest that people who maintain some physical exercise during treatment not only cope better but also may live longer.

Let friends and family help you

Often friends and family can run errands, provide transportation, prepare meals and help you with household chores. Learn to accept their

help. Accepting help gives those who care about you a sense of making a contribution at a difficult time.

Also encourage your family to accept help if it's needed. A cancer diagnosis affects the entire family and adds stress, especially to the primary caregivers. Accepting help with meals or chores from neighbors or friends can go a long way in preventing caregiver burnout.

Review your goals and priorities

Determine what's really important in your life. Find time for the activities that are most important to you and give you the most meaning.

If needed, try to find a new openness with loved ones. Share your thoughts and feelings with them. Cancer affects all of your relationships. Communication can help reduce the anxiety and fear that cancer can cause.

Try to maintain your normal lifestyle

Maintain your normal lifestyle, but be open to modifying it as necessary. Take one day at a time. It's easy to overlook this simple strategy during stressful times. When the future is uncertain, organizing and planning may suddenly seem overwhelming.

Consider how your diagnosis will impact your finances

Many unexpected financial burdens can arise as a result of a cancer diagnosis. Your treatment may require time away from work or an extended time away from home. Consider the additional costs of medications, medical devices, traveling for treatment and parking fees at the hospital.

CONTINUED ON PAGE 10

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Many clinics and hospitals keep lists of resources to help you financially during and after your cancer treatment. Talk with your health care team about your options.

Questions to ask include:

- Will I have to take time away from work?
- Will my friends and family need to take time away from work to be with me?
- Will my insurance pay for these treatments?
- Will my insurance cover the cost of medications?
- How much will my out-of-pocket costs be?
- If insurance won't pay for my treatment, are there assistance programs that can help?
- Do I qualify for disability benefits?
- How does my diagnosis affect my life insurance?

Talk to other people with cancer

Sometimes it will feel as if people who haven't experienced a cancer diagnosis can't fully understand how you're feeling. It may help to talk to people who have been in your situation. Other cancer survivors can share their experiences and give you insight into what you can expect during treatment.

You may have a friend or family member who has had cancer. Or you can connect with other cancer survivors through support groups. Ask your doctor about support groups in your area or contact your local chapter of the American Cancer Society. Online message boards also bring cancer survivors together. Start with the American Cancer Society's Cancer Survivors Network.

Fight stigmas

Some old stigmas associated with cancer still exist. Your friends may wonder if your cancer is contagious. Co-workers may doubt you're healthy enough to do your job, and some may withdraw for fear of saying the wrong thing. Many people will have questions and concerns.

Determine how you'll deal with others' behaviors toward you. By and large, others will take their cues from you. Remind friends that even if cancer has been a frightening part of your life, it shouldn't make them afraid to be around you.

Develop your own coping strategy

Just as each person's cancer treatment is individualized, so is the coping strategy. Ideas to try:

- Practice relaxation techniques.
- Share your feelings honestly with family, friends, a spiritual adviser or a counselor.
- Keep a journal to help organize your thoughts.
- When faced with a difficult decision, list the pros and cons for each choice.
- Find a source of spiritual support.
- Set aside time to be alone.
- Remain involved with work and leisure activities as much as you can.

What comforted you through rough times before your cancer diagnosis is likely to help ease your worries now, whether that's a close friend, religious leader or a favorite activity that recharges you. Turn to these comforts now, but also be open to trying new coping strategies.



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One in eight women in the United States will be diagnosed with breast cancer in her lifetime.

It's the most commonly diagnosed cancer in women.

It's estimated that 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die THIS YEAR.

It's estimated 2,470 men will be diagnosed with breast cancer this year.

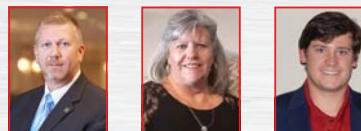
On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

Over 3.3 million breast cancer survivors are alive in the United States today.



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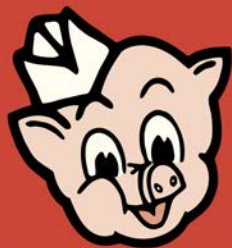
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