

MOMS

mentoring of mothers society

Breast Cancer: Best Prevention is Early Detection

Many women are alive and well today because their breast cancer was detected and treated early. Whatever your age, you should know what is normal for your breasts.

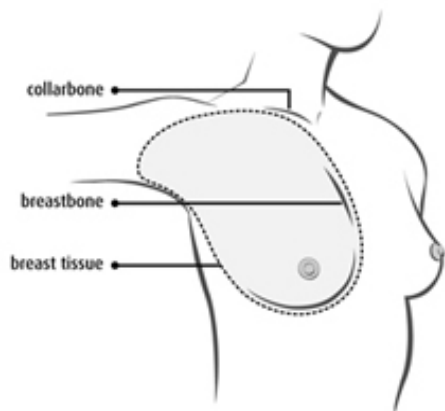
It's important to know that no screening test for cancer is 100% accurate. For example, a screening test can sometimes show cancer when there isn't, or not show cancer when there is. But overall, screening for breast cancer can save lives.

Breast tissue covers an area larger than just the breast. It extends up to the collarbone and from the armpit across to the breastbone in the centre of the

chest. The breasts sit on the chest muscles that cover the ribs.

Become familiar with your breast tissue by looking at and feeling your breasts. Experts used to suggest that this should be done by following a particular method every month. Research has shown that this isn't necessary. There really isn't a right or wrong way to check your breasts, as long as you get to know the whole area of your breast tissue – up to your collarbone, under your armpits and including your nipples – well enough to notice changes. So get to know your breasts and what is normal for you, any way that works best for you.

It may be normal for your breasts to be lumpy or tender before your period. Breast tissue changes with age, too. Understanding what is normal for you will help you recognize changes and know what to report to your doctor.



Remember, lumps in the breast are very common, especially just before your period. Most lumps are not breast cancer.

Most often breast cancer is first noticed as a painless lump in the breast or armpit. You or your partner may discover the lump, or your doctor may find it during a routine physical exam or screening mammogram.

Other signs might include:

- lump or swelling in the armpit
- changes in breast size or shape
- dimpling or puckering of the skin – thickening and dimpling skin is sometimes called orange peel
- redness, swelling and increased warmth in the affected breast
- inverted nipple – nipple turns inwards
- crusting or scaling on the nipple

Often, these symptoms are not caused by cancer. Other health problems can cause them. Testing is necessary to make a diagnosis.

Feather Janz is Living Proof

Feather Janz is a survivor.

Member of the Abbotsford MOMS Chapter, mother of two young daughters and wife to well-known musician Chris Janz, she's battled breast cancer twice and is cancer-free for over three years. Her website proclaims she's "living proof that early detection saves lives".

Her battle started early. At the shockingly young age of 23, Feather was diagnosed with aggressive breast cancer and

underwent a radical mastectomy and reconstructive surgery.

In 2007, at the age of 35, she was diagnosed with an entirely different form of breast cancer and underwent a second mastectomy and reconstruction.

"If someone had told me that I would face breast cancer, not once but twice by 35," says Feather, "I would have never believed them!"

She has an amazing ability to put things into perspective. Losing

both breasts did not devastate her. "They were killing me," says Feather. And losing her hair during chemotherapy was seen merely as a temporary side effect; her hair would grow back.

When Feather first began to share her breast cancer experience with others, she noticed immediately that what she had to say could change how women approached their own breast health. Women who heard her story started practicing breast

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MOMS

Purpose Statements

To provide a network that encourages and equips moms to be the best mothers they can be.

To provide mothers the opportunity for personal growth through developing their skills and talents.

To provide a safe place for women to share their struggles and concerns related to raising a family.

To provide experienced women the opportunity to mentor other mothers.

SPECIAL EVENTS!

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Beth Moore Simulcast - *So Long Insecurity*

On February 2nd, Beth Moore shared her heart for the **April 24th** simulcast, *So Long, Insecurity*. If you missed it you can now experience this on-line. There is a short (5 minute) and long (1 hour) version. These can be viewed at:

<http://www.ccn.tv/bethmoore2010/emails/BethMooresMessage.php>

and

<http://www.ccn.tv/bethmoorefeb2/>

Tickets are \$20 each. Tickets purchased before **April 16, 2010** will include lunch. They are available on-line at www.northview.org or at Northview Church weekdays from 8:30 to 4:30. House of James also has tickets, but a \$1 service fee is included.

So Long, Insecurity – the Book

Also available at House of James. Beth is leading a blog discussion group on the book in which she assigns weekly reading “homework” and raises questions for you to think about and/or discuss. If you are interested in following this blog you can find it at: www.blog.lproof.org.

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MOMS' Night Out

Friday, May 21, 2010

ABC Country Restaurant
32080 Marshall Rd, Abbotsford

This month's Night Out will feature guest speaker **Jenn Keller**, shopping, coffee and dessert, chocolate and a fun night out with the girls. You won't want to miss it!

Only 80 tickets available. Don't wait...get yours today.

Tickets are \$10 and available at: www.mentoringofmothers.com

QUOTE OF THE DAY

The greatest healing therapy
is friendship and love.

~ Hubert H. Humphrey

Feather Janz (continued)

self-examination or scheduling mammograms for the first time in their lives.

As more and more opportunities arose for Feather to share her story, she decided to team up with the Canadian Breast Cancer Foundation where she is now an active member and a qualified Breast Self Exam Instructor. She knows as much about breast cancer as any nurse, and, as her own doctor admits, more than he does.

For Feather, the physical battle was easier to fight than the mental and emotional one. Her toughest challenge has been “learning to let go and surrender to God.”

She explains that the big things in life are a lot easier to relinquish because they are so far out of human control. It's the little things - the things within our control that can be the hardest to let go of.

Her journey in surrendering to God is an on-going one and she admits some days she finds herself complaining. But she is quick to relate a saying common amongst cancer survivors: “I'm happy to be here to complain about it!”

Feather continues to manage the on-going effects of her previous cancer treatments including osteoarthritis, a side

effect of chemotherapy. Other unrelated health issues have arisen of late, but she is still keen to share her story and encourage women to practice early detection. She has spoken at both the Abbotsford and Langley MOMS Chapters and is available to visit other Chapters as well.

For more information on Feather's story, breast cancer facts and contact details, please visit her website at: www.featherjanz.com.

“This disease can be beaten,” says Feather. “There is a light at the end of the tunnel.”



NEWSLETTER SUBMISSIONS - CORRECTION

We'd love to hear from you...honest!

Please note the correct email address to forward newsletter information to is:
momsnewslettereditor@gmail.com

Is there something exciting happening in your Chapter? Have a favourite movie, book or helpful website? Is there an event in your community other moms might be interested in?

If you have something to share with the MOMS community, please pass it on and we'll include it in a future newsletter.

HEALTH & NUTRITION: Focus on Breakfast

Breakfast is the foundation of healthy eating. Breakfast helps replenish your brain as it has no reserves and must be constantly “fed”.

Studies have shown breakfast also leads to better physical strength and endurance in the late morning. All of this helps you make it through the day accomplishing more with a better attitude.

So if you are a breakfast skipper, remember, it's never too late to wake up to a healthy start. Set a great example for your kids!

Breakfast is a smart habit to get into. Did you know that breakfast means “breaking the fast”? Your body and brain have gone 8 - 12 hours without fuel...you need something to “rev yourself up”! Eating breakfast will give you the energy boost you need for a better attitude toward school or work.

An Egg-cellent Idea!

Including protein at breakfast is a great way to make energy last until recess. Don't be afraid to use eggs every now and then. Eggs provide kids with protein, iron, vitamin D, riboflavin, B12, vitamin A, and folate. Whew! That's nutritious!

Other great breakfast protein ideas include: a handful of nuts or sunflower seeds tossed into cereal, ham/back bacon, peanut butter or tahini, cheese, yogurt and milk.

Keeping it interesting

How many times have you wished your family would be excited about breakfast? Why not put some sparkle into breakfast, and make the morning meal a welcome part of your day? Here are three keys to a satisfying and healthy morning meal:

Variety – To avoid breakfast boredom, offer different foods each day, even if

it's just a different type of cereal.

Imagination – Who says breakfast has to be bacon and eggs? Slip in some new ideas (how about pizza or leftovers?) among your old favourites.

Nutrition – “Best bang for the buck” items include skim milk and cereal, fruits and juices, whole grain breads and muffins. Try to offer fruit, cereals or breads and dairy foods each morning. Lighten up on high fat items like bacon, sausage, and pastries.

Breakfast does **not** have to be too much work. Think *simple*, think *quick*, think *nutritious*.

The content for this resource was developed by BC's Public Health Dietitians. For more information contact Dietitian Services at HealthLink BC (8-1-1) or www.healthlinkbc.ca