

Today there are nearly two and a half million breast cancer survivors in the United States. While breast cancer rates are improving, more than 207,000 American women will be diagnosed with breast cancer this year, and nearly 40,000 will die from the disease. Women in the United States get breast cancer more often than any other type of cancer, and it is second only to lung cancer in cancer deaths among women.

Is Breast Cancer Preventable?

There is no sure way to prevent breast cancer from occurring. But there are things women can do that may reduce their risk of developing the disease. If breast cancer does occur, these actions can increase the chances that it is found at an earlier stage. Changing the risk factors that are under your control can help decrease your risk. By getting regular exercise, limiting alcohol and maintaining a healthy weight, you are lowering your risk. Women who decide to breast-feed their children for at least a few months may also reduce their risk for developing breast cancer. When the disease is detected early, it's easier to treat. That's why it's so important to be proactive and have regular screening exams.

The Three-Step Approach to Early Detection

The goal of breast cancer screening exams is to find the disease early, before it begins to cause symptoms. Through the practice of good breast health care and implementing the following three important steps, you can help prevent breast cancer from going unnoticed.

Step 1 – Breast Self-Exam

Every woman, starting at age 20, should practice a breast self-examination routine each month to become familiar with the regular feel and appearance of her breasts, so she can easily recognize any changes that might occur. Women should report any changes to the look and feel of their breasts to their healthcare provider right away.

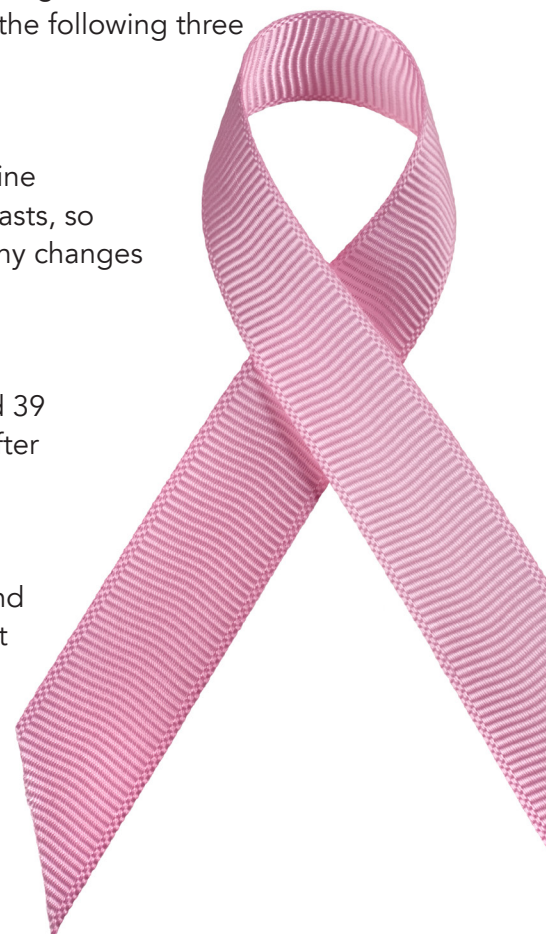
Step 2 – Clinical Breast Exam

According to the American Cancer Society, women between the ages of 20 and 39 should have a clinical breast exam by a health professional every three years. After age 40, women should have a clinical breast exam once a year.

Step 3 – Mammography

The American Cancer Society and the American Medical Association recommend an annual mammogram, starting at age 40. If you are at increased risk for breast cancer, you should check with your doctor about whether you should begin mammography at an earlier age, and about the possible need for more frequent mammograms.

Many factors can influence the risk of developing breast cancer. Some of them can be changed and others cannot. However, by taking the necessary steps to detect breast cancer early, you can greatly increase the chance for a successful treatment.



Success Stories

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Success Story

I have been participating in this program for three years, and I have to say that this past year has been the most amazing year thanks to this wellness program and most importantly my coach. At first, I wasn't very committed to making any changes. I would set unrealistic goals for myself and would be unsuccessful at achieving those goals. But this past January, I turned 47 and began showing signs of arthritis – that's all the motivation I needed. I began setting smaller, more realistic goals and became committed to losing weight. When I started this program, I had over 150 pounds to lose. My first goal was to simply lose 10 percent of my body weight. Then, once I achieved that goal, I set another goal to lose 15 percent. And as of right now I am happy to report that I have lost 91 pounds!

My coach has been a great help in my weight loss journey. I find that very helpful that we follow up on a regular, consistent basis. I love the flexibility of this program and knowing that my coach is just an email or phone call away. I find it hard to believe that our company offers this free service and people aren't taking advantage of it – that's crazy! Thank you for giving me the opportunity to participate in this fantastic program.

Michelle

Coach Highlight

As a Health Coach, I believe that everyone can change if they have the desire. I love being a part of that journey and helping people recognize the strengths they already have. It's amazing what people can accomplish when they realize they are capable, resourceful and knowledgeable. So many times people don't give themselves the credit they deserve. Being able to do that for them is one of the best parts of my job.

Nikki

