

At a Glance...

- ✓ **Quit Smoking-You can Do It!**
- ✓ **Breast Health: Questions and Answers**

QUIT SMOKING-YOU CAN DO IT!

No two people are alike. People smoke for different reasons, and everyone has their own reason for wanting to quit.

There are two main reasons why people smoke. First, your body craves a substance in the tobacco called nicotine. Second, smoking is a habit that is maintained by the influences on your life and how you react to them. It is important to consider each of these factors when making your decision to quit so you can be prepared. Reasons for smoking, in addition to nicotine addiction can include:

- the influence of friends and relatives who smoke
- fear of replacing smoking with overeating
- coping with stress
- controlling anger
- giving yourself a lift

Before you try to quit smoking, you need to learn **when** you smoke, **where** you smoke, and **why** you smoke. Understanding when, where and why will help you:

- prepare for any cravings you might experience during and after you quit
- be alert to temptations that might start you smoking again
- use methods of coping with stress and anger other than smoking

In order to successfully quit smoking, you must believe you can quit. Gaining the support and encouragement of others who also believe you can quit will be helpful.

Tell your family and friends that quitting is important to you, and that you need their support and help. Let them know you may have temporary mood swings, and ask them to be understanding. **Most importantly, once you have made the decision, you must be committed to quitting!!**

Remind yourself of the following health benefits of not smoking:

- ✓ within 2 days of quitting, your senses of taste and smell begin to improve
- ✓ within 4 weeks of quitting, blood circulation begins to improve, your lungs work better and physical activity becomes easier
- ✓ within 1 year, your risk of coronary heart disease will drop to half that of an average smoker
- ✓ within 3 years, your risk of heart attack will be similar to someone who has never smoked
- ✓ after 5 years, you will reduce your risk of getting cancer of the lung, mouth, throat, bladder, kidney and pancreas

Breathe Easy - Be Smoke Free!!**What is second hand smoke?**

- smoke that a smoker blows into the air and smoke that drifts into the air from the burning end of a cigarette.

Why is it dangerous?

- second-hand smoke makes it harder for people to breathe
- second-hand smoke has more than 4000 chemicals
- more than 50 second-hand smoke chemicals cause cancer

How does second-hand smoke harm your health?

- second-hand smoke causes sore throat, coughing, wheezing, itchy eyes, runny nose, nausea, dizziness and headaches
- second-hand smoke increases children's risk of developing asthma, bronchitis, pneumonia and ear infections
- second-hand smoke can cause heart disease, lung cancer and many other diseases

How to protect ourselves?

- keep your home and car smoke-free
- visit and allow your children to visit only smoke-free places
- support the development of more smoke-free public places in your community

Source: *Wellington-Dufferin-Guelph Health Unit*

Sources for Resources:

<http://www.quitnet.org/> - an online resource and support centre for smokers struggling to quit and for those 'ex-smokers' working to stay quit

<http://www.cyberisle.org/> - for teens facing many issues, including trying to quit smoking

<http://www.stop-tabac.ch/> - link up with this international stop smoke resource and support program

<http://www.quit4life.com/> - an interactive smoking cessations program for teens developed by Health Canada

<http://www.cancer.ca/> - Canadian Cancer Society (1-888-939-3333)

Smokers' Helpline - 1-877-513-5333 (Canadian Cancer Society)

BREAST HEALTH: QUESTIONS & ANSWERS

WHAT ARE THE MAJOR RISK FACTORS FOR BREAST CANCER?

1. Simply being a woman.
75%-80% of breast cancers occur in women with no other risk factors.
2. Increasing age.
As you age, your risk of breast cancer increases. Most breast cancers occur in women over 50.
3. Previous breast cancer.
If you have already had breast cancer there is a greater chance that you may develop it again.
4. Family history.
If you have other immediate family members (such as your mother or sister) who have had breast cancer before they reached menopause, you *may* be at increased risk.

ARE THERE OTHER RISK FACTORS FOR BREAST CANCER?

The following factors are linked to only a small increase in risk:

1. Your age when you start your period, start menopause or have your first baby.
2. Being overweight.
3. Alcohol use.
4. Some specific types of breast disease. Most breast cysts and benign problems do not increase risk.
5. Use of hormones.

WHAT CAN I DO TO MAKE SURE THAT IF I DEVELOP BREAST CANCER IT IS FOUND AND TREATED EARLY?

If you are over 50:

You should participate in a breast cancer early-detection program that includes:

- having an annual clinical breast exam by your doctor or other health professional
- learning how to do breast self-examination (BSE) and doing it at the same time every month
- having a mammogram every two years through a centre that specializes in breast screening

If you are 40-49:

You should participate in a breast cancer early-detection program that includes:

- having an annual clinical breast exam by your doctor or other health professional
- learning how to do breast self-examination and doing it at the same time every month

If you are 20-39:

You should:

- become familiar with how your breasts look and feel
- be able to recognize normal breast changes
- have an annual physical exam by your doctor or other health professional
- be aware of risk factors for breast cancer and early detection methods for all age groups

BREAST EXAMINATIONS

1. What is a 'Clinical' Breast Examination?

A clinical breast examination is an examination of the breast done at regular time periods (once every year) by a trained health professional such as a doctor or nurse practitioner.

2. When should I do a Breast Self-Examination(BSE)?

The need to do regular BSE becomes even more important as you get older. The Canadian Cancer Society recommends that by age 40 all women do BSE monthly.

If you are still having periods, you should do BSE seven to ten (7-10) days after your period starts. If you no longer have periods, pick the same day each month (for example, the 1st or the 15th). Women of all ages should be on the alert for breast cancer by becoming familiar with their breasts and by learning how to notice any changes that may be signs or symptoms of breast disease.

3. Where can I learn to do BSE?

One place to learn BSE is from your family doctor. Women 50 and over who attend the Ontario Breast Screening Program are taught BSE. For information about places where you can learn how to do BSE, call your local Canadian Cancer Society office, or speak to a cancer Information Specialist toll-free at 1-888-939-3333. You may also refer to the Canadian Cancer Society pamphlet *Breast Self-Examination*.

With regular BSE, you will learn to recognize how your breasts normally feel. If you do find a lump, see your doctor or health professional right away to have it checked. Remember, most lumps are first found by women themselves.

Because the cause of breast cancer is unknown, we know little about how to prevent it. Early detection is your best defense against breast cancer.

Source: *Canadian Cancer Society*

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For additional copies please contact MDM administration at 1-800-838-1531.

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