



7TH STREET NEWS LETTER

OCTOBER 2010

October is Breast Cancer Awareness Month!

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Open 7 days a week

11:00AM-7:00PM



Designed by

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Breast Cancer in Canada

Breast cancer is the most common cancer among Canadian women.

- In 2010, about 23,200 women in Canada will be diagnosed with breast cancer.
 - In 2010, about 180 men in Canada will be diagnosed with breast cancer.
- In 2010, about 5,300 women and 50 men will die from breast cancer in Canada.

Risk and reduction

Having a risk factor does not mean you will develop breast cancer; you may have more than one risk factor and never develop the disease.

Here are some steps you can take that may reduce your risk for breast cancer:

- Talk to your doctor about the pros and cons of taking hormone replacement therapy (HRT) for menopause.
 - Maintain a healthy body weight.
 - Be physically active.
 - Limit alcohol to one drink or less per day.
 - Don't smoke, and avoid second-hand smoke.
 - Eat a healthy diet which includes fruits, vegetables, whole grains, and low-fat meat.
- Avoid exposure to carcinogens (harmful chemicals which can cause cancer).

Be breast aware

Being breast aware means knowing how your breasts normally look and feel, so if there are any changes you'll be more likely to notice them early.

A change in the breasts is not always a sign of breast cancer; some changes are normal.

There are five steps to becoming breast aware.

Know how your breasts normally look and feel.

Know what changes to look for.

Look and feel for changes.

Report any changes to a doctor.

Go for a free mammogram if you are over 50, or if recommended by a doctor.

By finding breast changes in the early stages, mammograms can save lives.

What to look for

Knowing how your breasts normally look and feel can help you know of changes. Most breast changes will not be cancer, but you should still talk with a doctor.

Changes to look for include the following:

- Changes to the size or shape of one or both breasts.
- Unusual, persistent pain in the breast or armpit area.
- Swelling under the armpit or below the collarbone.
- Nipple changes, including change in the shape or position of a nipple, or a nipple that becomes pulled inward (inverted).
- Redness.
- Discharge from one or both nipples.
- Lumps or thickening.
- Skin changes, including irritation, rash or scaly skin. Dimpling or puckering.

If you are not sure if a change is important, check again after your next period, or a few weeks later if you are no longer menstruating.

*Information courtesy of the Canadian Breast Cancer Foundation:
<http://www.cbcbf.org/en-US/home.aspx>*

National Family Week

Families Connecting Through Stories, October 4 - 10, 2010

National Family Week has been celebrated every October since 1985 when it was proclaimed an official week by the Government of Canada.

Come join us for a free family kick off party. Brandon's first major celebration of National Family Week!

Date: Sunday, October 3
1:00-4:00 pm

Place: Princess Park and Kristopher Campbell Memorial Skateboard Plaza

2:00 Al Simmons live in concert!

He's a musician! He's an inventor! He's a nut! A wizard of outstanding props and gadgets, Al is a one-man cast of thousands.



Bring your lawn chairs and blankets to enjoy the entertainment.

Face Painting; Free Snack and Drink; Community Displays; Skate Boarding Demonstration; Geocaching; and much, much, more!

*Sponsored by: Brandon Healthy Families Team
C & C Rental
Senate Skate
Manitoba Child Care Association*

Did you know?...

The Community Volunteer income Tax Program:

- >Completed over **1337** returns this year.
- >**14** dedicated volunteers logged over **250** hours.

7th Street Health Access Centre

Coffee House

Sunday October 3rd

2:00-4:00

Come join us for coffee and snacks!

Specialized Support Services October events:

Crib and Cards
Thursday October 7th from 7 to 8:30pm.
7th Street Health Access Centre Lobby

"Halloween Howl"
1:30-3:30pm Friday October 29th
7th Street Health Access Centre Community Kitchen

These events are open to our Specialized Support Clients as well as any elderly or disabled persons living in the community.
For more information call 578-4809.