

The **W**inston Informer

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This Issue: Ductal Carcinoma In Situ

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You do your breast self-examination (BSE) monthly after your period, and your health care professional checks your breast during your annual pap exam. You're not 40 yet, so you haven't had a mammogram.

No Lump Needed

You think that as long as you don't feel a lump, you don't have a discharge from your nipples, you don't see a change in shape or texture and you don't have a family history, you're not a candidate for breast cancer.

Until the end of 2003, I believed this too. In November 2003, I learned about a breast disease called Ductal Carcinoma In-Situ (DCIS).

First you Cry

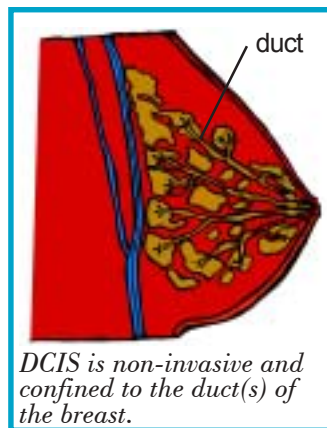
When you get "that" call telling you you have cancer of any type, you do cry and you may even panic. But know this—a diagnosis of breast cancer does not have to be taken as a death sentence when it is caught early and treated properly.

DCIS Information

Because of mammograms, DCIS is being found early, which is saving many women from more serious forms of breast cancers. Usually not detected by BSE, DCIS is

not even large enough to be a lump that you can feel in most cases. A mammogram is one of the ways to detect this disease in its early and very treatable stage. On a staging scale of 0 to 4, with 4 being the most serious form of cancer, DCIS is stage 0.

In some women, DCIS never develops further or becomes serious. Yet in some women DCIS, if left untreated, can become invasive cancer (stage 1-4) — a cancer that can spread to other parts of the body. This determination depends on the look of the DCIS cells



under microscope and the grade of the DCIS. This can only be discovered through a biopsy (the process of removing tissue from living patients for diagnostic examination). A biopsy is often ordered if the mammogram shows any new findings that were not

present before or if a suspicious lump is present.

After the Biopsy

Once the biopsy has been reviewed, and if treatment is needed, a few options are available.

Treatment for DCIS may require surgery, followed by radiation (not to be confused with chemotherapy), and/or medication. Surgery can be a lumpectomy, which is a breast conserving technique, where the DCIS and a margin of non-affected tissue surrounding it are removed. Surgery can also be a mastectomy, in which the entire breast with the DCIS is removed.

There are many options, so be sure to discuss them all with your health care professional.

Be sure to get a 2nd opinion and maybe a 3rd. Do whatever is necessary to feel at ease with your diagnosis.

What is breast cancer?

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells in the breast. If the spread is not controlled, it can result in death. Cancer is caused by both external factors (tobacco, chemicals, radiation, and infectious

organisms) and internal factors (inherited mutation, hormones, immune conditions and mutations that occur from metabolism).

The most common sign of breast cancer is a new lump or mass, although most lumps are not cancerous (benign). Other physical signs include swelling of part of a breast, dimpling, nipple pain or turning inward, redness, scaliness of the nipple or breast skin or a discharge other than breast milk.

Breast Cancer Risk Factors

- history of noncancerous breast disease
- starting monthly period before age 12
- starting menopause after 55
- more than 5 years of hormone replacement therapy (HRT)
- never having children or having first child after age 30
- two or more alcohol drinks daily
- obesity, especially after menopause
- physical inactivity

Breast Cancer Prevention

Nearly all breast cancers can be treated successfully if detected early. Improve your chances of not getting breast cancer or if you already have it, improve your chances of surviving breast cancer by doing the following things:

• **Think positive.** A good attitude can keep you healthier and aid you through any illness.

• **Get 30-45 minutes of exercise** 3 times or more a week. It's good for you!

• **Lose weight if you're overweight.** Higher body weight increases your chances of getting breast cancer as well as increases your risk of dying from it.

• **Stop smoking today.** Smoking increases your chances of getting and dying from cancer.

• **Eat at least 5 servings of fresh fruits and vegetables** daily and whole grain foods.

• **Eat less or eliminate fried and processed meats** and foods from your diet. The more fat there is in the diet, the more likely

lymph nodes are involved if you should get cancer and the shorter the survival time if you have cancer.

• **Never ignore a lump,** change in appearance or discharge in your breast area (inspect the area below your collar bone, down to the top of your floating ribs and under both of your arms for changes). If a lump is found, it's probably nothing, but have your health care professional check it for you as soon as possible.

• Between the ages of 20-39, have a **clinical breast exam (CBE)** by a health care professional every 3 years.

• Starting at age 40 (younger if you have a family history of breast cancer) get an annual **mammogram** and/or thermography test

written by R. Carlton

For more information contact the American Cancer Society (800) 227-2345, www.cancer.org; National Comprehensive Cancer Network (888) 909-6226, www.ncc.org; Gilda's Club Chicago (312) 464-9900, www.gildasclubchicago.org; WebMDHealth, www.webmd.com; BreastCancer.org, www.breastcancer.org

Winston Update



Dr. Cynthia Winston

Most of the articles written for *The Winston Informer* are life experiences and health challenges of patients, colleagues, friends and loved ones. The intent is to "Inform."

This issue is written by a close friend based on her personal experience with breast disease. We thank her

for her candid contribution, and know all will be well.

Food for Thought

Be more concerned with what you put in your body then on your body.

A seed buried within grows in darkness.

Let guilt, fears and anger go. Let God.

When you fix your plate, is it devoid of color or is it vibrant with the earth's good bounty?

Is everything you eat fried, baked or grilled to a crisp?

Want to feel alive? Eat raw vegetables, fresh fruit and drink plenty of water.

Drink organic dark juices, such as cherry and grape for their healing properties.

Do you say, "I don't claim it," yet you claim every other ailment?

Cynthia Winston, Chiropractic, P.C.

Hours:

M, T, Th 9 a.m. - 6:30 p.m.

F, Sat 9 a.m. - 1 p.m.

Closed Wednesdays

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The information in The Winston Reformer is for educational purposes only and should not be used to diagnose or treat illnesses. Consult your health practitioner before beginning any course of treatment.