



COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

## October Yelm Family Medicine Patient Newsletter



IN THIS ISSUE

### National Breast Cancer Awareness Month

Other than skin cancer, breast Cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years.** If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

**Are you worried about the cost?** CDC offers free or low-cost mammograms. Find out if you qualify.

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

### How Can I Lower My Risk?

The main factors that influence your risk for breast cancer include being

### October events

#### Haunted Houses and Mazes

#### My Morbid Mind

4548 Marvin Rd SE, Lacey, WA  
98513

(360) 455-3330

<http://www.mymorbidmind.com/>

#### Rutledge Corn Maze

302 93rd Ave SE, Olympia, WA  
98501

(360) 357-3700

<http://rutledgecornmaze.com/>

COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to can help lower your breast cancer risk. The Know:BRCA tool can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

### Fast Facts about Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.

- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

### More Information

- Find a local mammography facility
- Women with Disabilities and Breast Cancer Screening



### Pumpkin patches and other events

#### Lattin's Country Cider Mill and Farm

9402 Rich Rd SE, Olympia, WA 98501

(360) 491-7328

<http://lattinscider.com/>

#### Schilter Family Farm

141 Nisqually Cut off Rd SE, Olympia, WA 98513

(360) 459-4023

<http://schilterfamilyfarm.com/>

#### Hunter's

7401 Yelm Hwy SE, Olympia, WA 98513

(360) 456-0466

<http://hunterfamilyfarm.com/>

For more information on other pumpkin farms in the Puget sound area use link below:

<https://www.parentmap.com/article/pumpkin-patches-and-corn-mazes-in-the-south-sound>

and if you don't mind driving don't forget the Roloff farms you're sure to have fun

23985 NW Grossen Dr.,

Hillsboro, OR

<http://www.rolofffarms.com/>