



## Knowledge is Power

### What Do You Know About Breast Cancer?

**B**reast cancer occurs when cells inside the breast tissue begin to grow abnormally or out of control. Because men also have breast tissue they, too, can develop breast cancer. In fact, several hundred men die from breast cancer in a given year.

Although there are several types of breast cancer, many are benign—or not life threatening. These benign tumors are actually abnormal growths that form in the breast tissue but do not spread to other parts of the body.

A second type of breast cancer is a cancerous form known as in situ. In situ breast cancer is a cancerous (non-benign) form of cancer that forms in breast tissue cells known as lobules and ducts. The lobules are cells that produce milk, and the ducts are cells that carry the milk to the nipples. In situ cancer forms in the lobules and ducts and does not spread to other parts of the body.

A third type of cancer is known as invasive. Much like in situ cancer, invasive cancer also begins in the lobules and ducts but then spreads to other parts of the body.

## Stages Of Cancer

The seriousness of any cancer is often measured by the degree it has spread from its original location, also known as its stage. The stages of cancer are:

- ☼ **Local** – the cancer has not spread beyond where it originally developed.
- ☼ **Regional** – the cancer has spread to outside of its original location and into the lymph nodes—organs that produce white blood cells which help fight infection.
- ☼ **Distant** – the cancer has spread to other, more distant parts of the body.

## Factors That Affect Prognosis

Certain factors will affect prognosis (chance of recovery) and treatment options—these depend on the following:

- ☼ The stage of the cancer (whether it is in the breast only or has spread to lymph nodes or other places in the body).
- ☼ The type of breast cancer.
- ☼ Estrogen-receptor and progesterone-receptor levels in the tumor tissue.
- ☼ A woman's age, general health, and menopausal status (whether a woman is still having menstrual periods).
- ☼ Whether the cancer has just been diagnosed or has recurred (come back).

## Getting Tested...

If you notice a change in your breasts, the following tests and procedures may be used:

- ↓ **Mammogram:** An x-ray of the breast.
- ↓ **Biopsy:** The removal of cells or tissues so they can be viewed under a microscope by a pathologist to check for signs of cancer. If a lump in the breast is found, the doctor may need to cut out a small piece of the lump. Four types of biopsies are as follows:
  - » **Excisional biopsy:** The removal of an entire lump or suspicious tissue.
  - » **Incisional biopsy:** The removal of part of a lump or suspicious tissue.
  - » **Core biopsy:** The removal of part of a lump or suspicious tissue using a wide needle.
  - » **Needle biopsy or fine-needle aspiration biopsy:** The removal of part of a lump, suspicious tissue, or fluid, using a thin needle.
- ↓ **Estrogen and progesterone receptor test:** A test to measure the amount of estrogen and progesterone (hormones) receptors in cancer tissue. If cancer is found in the breast, tissue from the tumor is examined in the laboratory to find out whether estrogen and progesterone

results show whether hormone therapy may stop the cancer from growing.

Source: [www.cancer.gov](http://www.cancer.gov)



# CRASH IN BED NOT ON THE ROAD

**M**ost people are aware of the hazards of drunk driving. But did you know that driving while drowsy can be just as deadly? Like alcohol, a lack of sleep makes it harder to react quickly enough to a car that stops suddenly, a sharp curve in the road, and other potentially dangerous situations.

Watch for these warning signs that you might be too sleepy to drive safely:

- S *trouble keeping your eyes focused*
- S *continual yawning*
- S *inability to recall driving the last few miles*

If you feel sleepy while driving, pull off the road to a safe place and take a nap for 15 to 20 minutes.

## Tips To Avoid Drowsy Driving

- S *Be well rested before hitting the road.*  
Keep in mind that if you skimp on sleep for several nights in a row, it might take more than 1 night of good sleep to be well rested and alert.
- S *Avoid driving between midnight and 7 a.m.*  
This period of time is when we are naturally the most sleepy.
- S *Don't drive alone.*  
A companion who's awake and can keep you engaged in conversation may help you stay awake.
- S *Schedule frequent breaks on long road trips.*
- S *Don't drink alcohol!*

S *Don't count on caffeine.*  
Although drinking a cola or coffee might help keep you awake for a short time, it won't overcome excessive sleepiness.

Remember, if you are short on sleep, stay out of the driver's seat!

## Why Sleep Is Good For You—And Skimping On It Isn't

### Does it really matter if you get enough sleep?

Absolutely! Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is interrupted a lot or is cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

**Performance:** We need sleep to think clearly, react quickly, and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep. Studies show that people who are taught mentally challenging tasks do better after a good night's sleep. Other research suggests that sleep is needed for creative problem solving.

Skimping on sleep has a price. Cutting back by even 1 hour can make it tough to focus the next day and can slow your response time. Studies also find that when you lack sleep, you are more likely to make bad decisions and take more risks. This can result in lower performance on the job and a greater risk for a crash.

**Mood:** Sleep also affects mood. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.

**Health:** Sleep is also important for good health. Studies show that not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

In addition, during sleep, your body produces valuable hormones. Deep sleep triggers more release of growth hormone, which fuels growth in children, and helps build muscle mass and repair cells and tissues in children and adults. Another type of hormone that increases during sleep works to fight various infections.

This might explain why a good night's sleep helps keep you from getting sick—and helps you recover when you do get sick.

Hormones released during sleep also affect how the body uses energy. Studies find that the less people sleep, the more likely they are to be overweight or obese, to develop diabetes, and to prefer eating foods that are high in calories and carbohydrates.

