



**Wyoming
Department
of Health**

**Public
Health
Division**

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FACTS FOR LIFE

Breast Cancer Risk Factors

What affects your risk of getting breast cancer?

The causes of breast cancer are not fully known. However, researchers have found a number of factors that increase your chance of getting breast cancer. These are called risk factors. Risk factors do not cause breast cancer, but can increase the chances of getting breast cancer. Some women have many risk factors, but never get breast cancer. And, some women have few or no risk factors, but do get the disease. Talk to your health care provider about your personal risk.

There are some risk factors you can control, and others you cannot. Even if you do not have any of these risk factors, you can still get breast cancer.

Factors that may increase your risk of breast cancer

- being a woman
- getting older
- having an inherited BRCA1 or BRCA2 mutation
- having a personal history of breast or ovarian cancer
- having a family history of breast cancer
- having high breast density on a mammogram
- having a previous biopsy showing hyperplasia
- having a history of lobular carcinoma in situ (LCIS)
- being exposed to large amounts of radiation at a young age
- never having children
- having your first child after age 35
- having high levels of blood androgens or estrogens
- using (current or recent use) menopausal hormones
- being overweight after menopause or gaining weight as an adult
- having high bone density
- having more than one drink of alcohol per day
- starting menopause after age 55
- being younger than 12 at the time of your first period
- taking (current or recent use) birth control pills

Age: a major factor

A woman's chance of getting breast cancer increases with age. Your chance by your current age is:

age 20	1 in 1,681
age 30	1 in 232
age 40	1 in 69
age 50	1 in 42
age 60	1 in 29
age 70	1 in 27
Lifetime	1 in 8

Fall



**October is
Breast
Cancer
Awareness
Month**

For more information about breast cancer, visit www.komen.org or call Susan G. Komen®'s breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM EST.



Men's Prostate Health

The prostate is a walnut-sized gland in men that is part of the reproductive system.

The prostate sits low in the pelvis, below the bladder, in front of the rectum and the prostate surrounds the urethra. The prostate makes seminal fluid, the liquid in sperm that protects, supports and helps transport sperm.

Below are some common conditions associated with the prostate.

Prevalence of Prostate Cancer

An estimated 230,000 new cases of prostate cancer will occur in the United States this year. Prostate cancer incidence rates remain significantly higher in African-Americans and in men with a family history of the disease.

Further it is expected that 34,000 deaths will occur this year due to prostate cancer. This is the second leading cause of cancer death in men. Mortality rates in African-American men remain more than twice as high as other men.

Men age 35 and older who have at least a 10-year life expectancy should talk with their health care professional about having a baseline digital rectal exam of the prostate gland and a prostate-specific antigen (PSA) blood test.

Most prostate cancers are discovered in the local (confined to the prostate) stage; the 5-year relative survival rate for patients whose tumors are diagnosed at the earliest stages of the disease is nearly 100%. Prostate cancer is the most commonly diagnosed, major cancer among all Americans. The incidence of prostate cancer increases with age.

Benign Prostatic Hyperplasia (BPH)

Benign Prostatic Hyperplasia (BPH) is a noncancerous enlargement of the prostate that may cause difficulty in urination. An enlarged prostate occurs commonly in men over the age of 60. Experts do not yet know what causes BPH, but the condition may be related to the hormone testosterone and its relationship to other hormones that changes during the aging process. The fact that the prostate begins to grow larger is not necessarily a problem. In fact, some men have extremely enlarged prostates but suffer no ill effects. On the other hand, some men have prostates that are only slightly enlarged and they suffer from bothersome urinary symptoms. These symptoms include difficulty urinating, the need to urinate quite frequently, or awaking during the night to urinate.

The prostate gland frequently begins to enlarge in men over the age of 40. Because BPH is rarely life threatening, treatment is usually required only if the symptoms are bothersome or if the urinary function is severely affected.

There are three major treatment options for BPH: medical therapy using prescription medications, surgical intervention, and watchful waiting.

More on Prostate Health Next Month...See Page 3 for Information on Local Blood Testing Sites

--*Prostate Conditions*. PCEC: Prostate Conditions Education Council. <http://www.prostateconditions.org/prostate-conditions>



National Take Back Initiative Collection Site Search Click Above



The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

The 7th National Prescription Drug Take Back Day

Saturday, October 26, 2013

10:00 am - 2:00 pm

**CHEYENNE POLICE DEPARTMENT
TAKE TO WALGREENS AT
2304 EAST LINCOLNWAY
CHEYENNE, WY 82001**

http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

**LARAMIE COUNTY SHERIFF'S DEPARTMENT
1910 PIONEER AVENUE
CHEYENNE, WY 82001**

Wyoming Health Fair Blood-Tests Screenings

Don't want to wait to see the doctor for a certain blood test (including your thyroid function and PSA: the prostate test)? Visit one of the Wyoming Health Fair screenings below.

Over the course of a calendar year, WHF will visit various cities, communities, states, and corporations to provide wellness services. Please locate and attend an event near you using our [Community Calendar of Events powered by Google](#).

Please Note: Our calendar is constantly evolving and is therefore always subject to change. Please see <http://wyominghealthfairs.com/calendar> for the most current calendar.



Date	Time	Location
Casper		
Every Tuesday and Thursday	7:00am - 11:00am	Wyoming Health Fairs Blood Draw Room [map] 115 S Elm St Casper, WY 82601
Cheyenne		
Every Tuesday and Thursday	7:00am - 11:00am	Wyoming Health Fairs Blood Draw Room [map] 611 E Carlson St #112 Indian Hills Shopping Center Cheyenne, WY 82009
Laramie		
Every Wednesday	7:00am - 10:00am	Laramie Recreation Center Multi-Purpose Room [map] 920 Boulder Dr Laramie, WY 82070

Below is a list of tests available. Please click on the name of the test or visit the website wyominghealthfairs.com for more information. Some tests require fasting, so please review before going in for the test. Each test has a fee required.

[Blood Chemistry Profile](#)
[Blood Pressure](#)
[Blood Type](#)
[Body Fat Analysis](#)
[Bone Density –](#)
[Celiac –\(Gluten Sensitivity\)](#)
[C-Reactive Protein \(CRP\)](#)



[Ferritin](#)
[Hemoglobin A1C](#)
[Hemogram](#)
[PSA for Men](#)
[Thyroid Profile T3, T4](#)
[Vitamin B12](#)
[Vitamin D, 25 Hydroxy](#)

Healthy Men Quiz

Question 1

At what age should you begin having your cholesterol checked regularly?

- A. 55
- B. 35
- C. 50
- D. 65



Question 2

How often should you have your blood pressure checked?

- A. Every five years
- B. Once a month
- C. Every two years
- D. Every ten years

Question 3

At what age should you start being screened for colorectal cancer?

- A. 50
- B. 40
- C. 60
- D. 21

Question 4

If you have high blood pressure or high cholesterol, what other disease should you also be screened for?

- A. Hepatitis
- B. Diabetes
- C. Glaucoma
- D. Gout



Question 5

The most important things you can do to stay healthy are:

- A. Exercise, eat a healthy diet, drink alcohol only in moderation, and stay at a healthy weight
- B. Avoid tobacco
- C. Get recommended screening tests and take preventative medicines if you need them
- D. All of the above

Question 6

Signs of depression include:

- A. Feeling “down,” sad, or hopeless for 2 weeks
- B. Having little interest in or taking no pleasure from doing things you normally like to do
- C. An urge to square dance
- D. A and B

Question 7

Body mass index, which is a measure of body fat based on height and weight, is used to screen for which condition?

- A. Diabetes
- B. Obesity
- C. Glaucoma
- D. None of the above



Question 8

If you are a man between the ages of 65 and 75 and have ever smoked more than 100 cigarettes, which condition should you be screened for?

- A. Abdominal aortic aneurysm
- B. Smoking
- C. Prostate cancer
- D. All of the above

Question 9

Which vaccine should you have after turning 65?

- A. Chicken pox
- B. Pneumonia
- C. Measles
- D. Mumps



Question 10

How many minutes of moderate physical activity—at a minimum—should you aim for most days of the week?

- A. 5
- B. 10
- C. 20
- D. 30

1. The correct answer is B. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if you have diabetes, have high blood pressure, if heart disease runs in your family, or you smoke.

2. The correct answer is C. Have your blood pressure checked at least every 2 years. High Blood Pressure is 140/90 or higher.

3. The correct answer is A. Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.

4. The correct answer is B.

5. The correct answer is D.

6. The correct answer is D. Your emotional health is as important as your physical health. Talk to your doctor about being screened for depression. **Help is available**

7. The correct answer is B. To calculate your body mass index, visit the National Heart, Lung, and Blood Institute Web site at www.nhlbisupport.com/bmi.

8. The correct answer is A. An abdominal aortic aneurysm is an abnormally large or swollen blood vessel in your abdomen. Aneurysms can develop slowly over many years and have no symptoms. Surgery is sometimes needed to prevent complications or before symptoms develop.

9. The correct answer is B. The pneumonia vaccine is recommended after age 65. If you are younger than 65, you can ask your doctor if the vaccine is appropriate for you. Starting at age 50, you should also receive a flu shot each year.

10. The correct answer is D. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, bicycling, and swimming are just a few examples of moderate physical activity.

October 2013 Breast Screening in Wyoming



Mammogram Guidelines:

When to Get Tested

Not all organizations agree on mammogram guidelines. For instance, the U.S. Preventive Services Task Force mammogram guidelines recommend women begin screening at age 50 and repeat the test every two years. The American Cancer Society and other organizations recommend screening begin at 40 and continue annually. Mayo Clinic supports screening beginning at age 40 because screening mammograms can detect breast abnormalities early in women in their 40s. Findings from a large study in Sweden of women in their 40s who underwent screening mammograms showed a decrease in breast cancer deaths by 29 percent.

Mammogram: Expert Answers. <http://www.mayoclinic.com/health/mammogram-guidelines/AN02052>

Information about Getting Screened

To find out if you qualify for a free or low-cost mammogram & Pap test and where to get screened, call: 1 (800) 264-1296

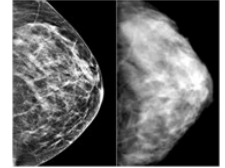
Program Information

CDC funding for a capacity-building program for breast and cervical cancer early detection began in 1993. Subsequent funding for a comprehensive program was awarded in 1996. [Breast and Cervical Cancer Early Detection Program](#)

Preventive Health and Safety Division
Wyoming Department of Health
6101 Yellowstone Road, Room 259A
Cheyenne, WY 82002
1 (800) 264-1296

(307) 777-6006/Fax: (307) 777-3765

http://apps.nccd.cdc.gov/dcpc_Programs/default.aspx?NPID=1&PID=68



October 2013 Events/Observances

Month

Breast Cancer Awareness Month
Hispanic Heritage Month September 15-October 15
Chiropractic Health Month
Dental Hygiene Month
Disability Employment Awareness Month
Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
Medical Librarians Month
Medical Ultrasound Awareness Month
Patient-Centered Care Awareness Month
Pharmacists Month
Physical Therapy Month
SIDS, Pregnancy and Infant Loss Awareness Month
Talk About Prescriptions Month

Week

Emergency Nurses Week 6-12
Fire Prevention Week 6-12
Healthcare Resource and Materials Management Week 6-12
Healthcare Security and Safety Week 6-12
Mental Illness Awareness Week 6-12
Midwifery Week 6-12
Nuclear Medicine and Molecular Imaging Week 6-12
Physician Assistants Week 6-12
Healthcare Foodservice Workers Week 7-13
Pediatric Nurses Week 7-13
Bone and Joint Health Awareness Week 12-20

Case Management Week 13-19
Central Sterile Supply Department Week 13-19
Healthcare Quality Week 13-19
Dialysis Technician Recognition Week 14-18
Medical Assistants Recognition Week 14-18
Healthcare Facilities and Engineering Week 20-26
Hospital and Health-System Pharmacy Week 20-26
Infection Prevention Week 20-26
Pastoral Care Week 20-26
Respiratory Care Week 20-26
School Bus Safety Week 21-25
Red Ribbon Week 23-31

Day

Stop America's Violence Everywhere (SAVE) Today 9
Depression Screening Day 11
Arthritis Day 12
Mammography Day 18
Stuttering Awareness Day 22
Lung Health Day 23
National Prescription Drug Take-Back Day 26 (10AM to 2PM)
Lock Your Meds Day 28
Psoriasis Day 29



2013 Health Observances and Recognition Days Calendar
www.magnetlearningcommunity.org/Events/



Wyoming Office of Multicultural Health

6101 Yellowstone Road Ste. 420
Cheyenne, WY 82002

Phone: 307-777-5601
E-mail: Lillian.Zuniga@wyo.gov

WWW.WOMH.ORG

*We look forward to working with you
to eliminate health disparities in
Wyoming.*

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



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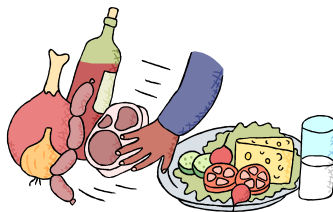
Commit to your health.

Cent\$ible Nutrition Tips, 307.633.4383

 UNIVERSITY OF WYOMING
EXTENSION

Healthy Fat Facts

Fat is often seen as an enemy to a healthy diet. However, fat is an essential nutrient important for a healthy nervous system and skin. Fats are also the main source of vitamin E, an antioxidant. We also can't forget the omega-3 fatty acids that help promote heart health and may help reduce the risk of dementia. The key to including fats in a healthy diet is to focus on healthy oils (unsaturated fats) as our main source of fat. Oils are liquid at room temperature and mainly come from plant and fish sources. Healthy oils include canola, olive, and vegetable oils, and the oils in avocados, nuts, olives and fatty fish. On the other hand, solid fats (saturated fats), like butter, shortening, chicken fat, beef fat, and lard, are solid at room temperature and are known to increase the risk of heart disease and raise the levels of LDL ("bad")-cholesterol in the blood. The recommended amount of healthy oils depends on an individual's calorie needs. For a typical 2,000 calorie diet, the recommended daily amount is 6 teaspoons a day of healthy oils. To focus more on healthy oils and unsaturated fats, try these tips:



- Ask for oil-based salad dressing on the side when you go out to eat and only use 1-2 tablespoons.
- Use less cheese on pizza. Top with olives and other vegetables.
- Go easy on toppings, gravies, sauces, and fatty spreads. These add saturated fat and calories.
- Use mostly vegetable oils instead of solid fats in cooking and baking.
- Read the food label and ingredients lists on all foods to avoid trans-fats and partially hydrogenated oils.
- Use smashed avocado instead of mayo as a sandwich spread and mix-in for tuna or chicken salad.
- Add walnuts or almonds to your breakfast cereal, salads, or yogurt.
- Replace red meat with fish for some of your meals.