



MARINE CORPS LOGISTICS COMMAND

September 2016



Health & Wellness

Month in Review

According to the Wellness Council of America (WELCOA), there were many health observances in **September**. One very important focus was on Prostate Cancer Awareness. The Prostate Conditions Education Council (PCEC), in conjunction with WELCOA, has made it their mission to educate Men and the women about prostate cancer prevalence, the importance of early detection, available treatment options, as well as other men's health issues.

What is Prostate Cancer?

Prostate Cancer begins when normal cells in the prostate begin to change and grow uncontrollably. Some prostate cancers grow slowly and may not cause symptoms or problems for years while other prostate cancers are more aggressive and grow quicker, unfortunately, there is no way to predict how aggressive a cancer is before a biopsy. It is the most commonly diagnosed, major cancer among all Americans. The incidence of prostate cancer increases with age. Some studies have shown an overall 2- to 3-fold increase in the risk of prostate cancer in men who have a history of this disease in their family. Family history is defined as prostate cancer in a brother, father, or an uncle. It is more significant if a family member was diagnosed with prostate cancer at a younger age (less than 60 years old). The incidence rate of prostate cancer is two times higher in African-American men than Caucasian men.

Prostate Cancer Risk Factors

Age: The risk of prostate cancer increases with age.

Race: African American men are more than twice as likely to be diagnosed with prostate cancer and to die from the disease.

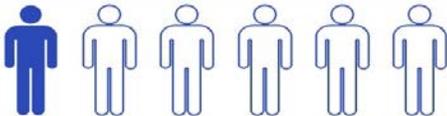
Family History: Men with a father or brother with prostate cancer have a higher risk of developing the disease.

Diet: Studies indicate there may be a link between diet and the cause or prevention of prostate cancer.

For More Info: <http://www.prostateconditions.org/>

Prostate Cancer: GET THE FACTS

Other than skin cancer, prostate cancer is the most common cancer in American men.

1 in 6 
men will be diagnosed with prostate cancer during his lifetime.



Prostate cancer can be a serious disease, but **most men diagnosed with prostate cancer do not die from it.** In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

Looking Forward

In recognition of this **October's Breast Cancer Awareness Month**, the Center for Disease and Control has developed the '[Bring your Brave](#)' campaign in the hopes that women younger than the age of 45 can learn more about the risks of breast cancer by sharing real stories about women whose lives have been affected by breast cancer.

According to the CDC, Breast cancer is the most common cancer in women in the



United States. While it mostly occurs among older women, in some cases, it can affect women under the age of 45. Eleven percent of all cases of breast cancer in the U.S. are reported in this age group. Risk for breast cancer among young women varies based on factors such as family and personal history of cancer and many young women do not know their risk for this disease or are not aware of ways to lower their risk.

The CDC urges that 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. **If you are worried about the cost, the 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.

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 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

For More information:

<http://www.cdc.gov/cancer/nbccedp/screenings.htm>