

Breast Cancer in Bermuda

Know Your Lemons

October is Breast Cancer Awareness Month, and this year Bermuda Cancer and Health Centre aims to get as many people as possible involved in raising awareness and donations to support its Equal Access Fund (assisting patients with the cost of early detection and treatment) and its community breast health education programme, "Know Your Lemons."

Almost everyone has been touched by breast cancer in some way—a friend, colleague, family member, or maybe you. And it's not just females; men are being diagnosed as well.

According to the Bermuda National Tumour Registry, 320 females and two males were diagnosed with breast cancer between the years 2014 and 2017. The positive news is that 91% of these breast cancers are being detected in early stages (in situ, stage 1, stage 2), when treatment is most effective. This largely may be due to the impact of Bermuda's high mammography screening rate.

Nearly all breast cancers can now be treated on-island. This means that people no longer need to travel off-island, as the island's healthcare

providers offer a full complement of early detection, diagnostic, and treatment options for breast cancer.

Bermuda Cancer and Health Centre is the island's leading early detection facility for breast cancer. It utilises state-of-the-art technology including its new Senographe Pristina mammography unit, which complements its existing 3-D mammogram unit, as well as its diagnostic ultrasound and stereotactic and ultrasound breast biopsy services.

In May 2017, the centre introduced radiation therapy to the island in clinical affiliation with Dana-Farber/Brigham and Women's Cancer Center. Since that time, 132 patients with breast cancer (19 palliative, 107 curative) have received radiation treatment in Bermuda close to friends and family and without having to travel overseas for extended periods of time.

Radiation therapy is an important tool in treating breast cancer at almost every stage and is an effective way to reduce one's risk of breast cancer recurring after surgery. In addition, it is commonly used to ease the symptoms caused by cancer that has spread to other parts of the body (metastatic breast cancer).

www.bfm.bm

BF&M Overseas Healthcare Toll-Free Helpline

BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367
(from Bermuda)
- 1-877-236-2338
(from outside Bermuda)
- 1-519-251-5186
(from Bermuda: collect calls)
- 1-519-251-5185
(from outside Bermuda: collect calls)

See back issues of *healthmatters* online at www.bfm.bm/news/healthmatters.

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ALL ABOUT BREAST CANCER

For information on Bermuda Cancer and Health Centre and the services it provides, visit www.chc.bm.



Staying Healthy During the Coronavirus Outbreak

With the outbreak of COVID-19, staying healthy is top of mind for most of us. While you're probably taking all the preventive steps to keep the virus at bay, don't neglect other aspects of your health. During this stressful time, it's more important than ever to care for your whole body.

Choose a healthy diet. Whether you're shopping for groceries online or stocking up in a store, be sure to fill your pantry and refrigerator with healthy options. These include produce (fresh, frozen, or canned), low-fat or fat-free dairy, proteins, and whole grains.

Be active. Even if gyms are closed, you can exercise in and around your home. Vary your routine with a mix of stretching, cardio, and

strength training. Consider joining an online exercise class.

Get enough sleep. Most adults need at least seven hours of sleep each night. For better slumber, go to bed and get up at the same time each day and keep electronics out of your bedroom.

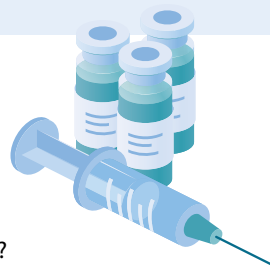
Stay connected. Even if you're physically separated from friends and family, keep in touch with video chats or virtual movie nights.



STAY INFORMED

For the latest COVID-19 updates, visit www.gov.bm/coronavirus.

Getting Vaccinated Is Still Crucial



You've been sticking closer to home to stay safe from COVID-19. What should you do if it's time for you or your child to get a vaccine?

Don't skip it. Avoiding vaccines increases the risk for several other dangerous diseases. Even in these times, it's important to keep up with your family's vaccine schedule. In fact, there may be added reason to do so. If you end up with both COVID-19 and another illness at the same time, your care may be more complicated. It makes sense to do all you can to prevent other diseases.

Vaccines protect you and your children against serious—and sometimes deadly—diseases. Plus, staying up to date on vaccinations helps you avoid spreading a disease to those around you. That includes the young, the old, and anyone with a weak immune system.

So be sure to schedule any vaccines that are due now. And catch up on any that are late.



WHAT YOU NEED For immunization schedules for children and adults, visit www.gov.bm/immunization-schedules-children-and-adults.

1 Simple Strategy Saves Sight as You Age

If you have the eye disease known as age-related macular degeneration, or AMD, missing even a single vision care visit can worsen your eyesight, a recent study finds. And if your eyes are healthy now, regular exams can help keep them that way.

Who's At Risk

For people 50 and older, AMD is a major contributor to vision loss. Your central vision blurs and you may see blank spots, making it hard to read, drive, or see faces.

You're more likely to develop AMD if you:

- Smoke
- Are 50 or older
- Have high blood pressure
- Have a family history of the condition

Get Regular Exams

Even if you don't have AMD, having a dilated eye exam—where the doctor looks inside your eye for hidden problems—is the best step for your eye health. After age 60, schedule this exam once every year or two.

If your doctor's office has an online scheduling system, use it. You may find it easier to remember and show up for your appointments. Another option? Book your next visit when you're leaving the previous one, so you don't forget.



Take Charge of Your Breast Cancer Risk

One in eight women will develop breast cancer in her lifetime. While some risk factors are beyond your control, there are steps you can take to help keep cancer at bay. Here's what you can do decade-by-decade to slash your risk.

In Your 20s



FILL UP ON FIBER. Consuming more fiber-rich foods in early adulthood decreases your breast cancer risk by about 12 to 19%. Reach for fruits, veggies, legumes, and whole grains.

LIMIT YOUR ALCOHOL INTAKE. Women who indulge in two to three daily drinks have about a 20% higher risk of developing breast cancer than teetotalers. Keep your sips to no more than one drink per day.

In Your 30s



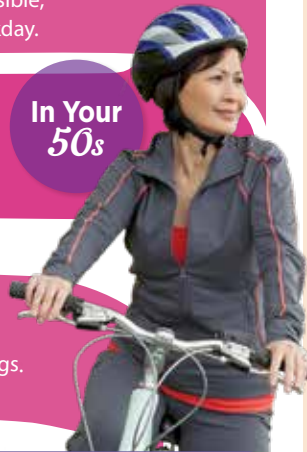
In Your 40s



TAKE A STAND. Spending lots of time on your tush increases your risk for breast cancer by 10%. Take the stairs instead of the elevator, walk or bike when possible, and take breaks to walk and stretch during the workday.

HIT YOUR STRIDE. Clocking at least 150 minutes of physical activity, such as brisk walking, per week slashes your risk for breast cancer by about 12%. Staying active after menopause is especially important.

In Your 50s



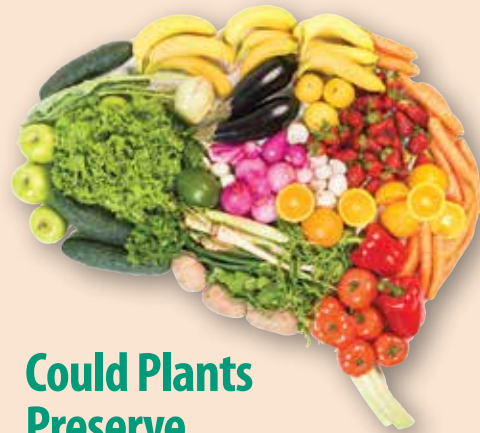
MAKE IT MEDITERRANEAN. Following a Mediterranean diet may lower your risk for breast cancer by up to 20%. So reach for olive oil instead of creamy sauces and dressings. And add more plant foods and fish to your plate.

In Your 60s



MAMMOGRAMS SAVE LIVES

Schedule your screening mammogram today.



Could Plants Preserve Brainpower?

Eating less meat and more veggies has long been linked with a healthier heart. But nutritious, plant-based diets during midlife may also benefit your brain as you age. One large study found that adults whose meals were rich in healthy vegetables and limited animal-based foods were less likely to experience cognitive decline over the following two decades.

How Does It Work?

The nutrients in foods like fruits, veggies, and whole grains may boost gut health. This benefits your central nervous system. Plant foods may also protect against inflammation, a reaction to illness or injury that can damage the body's DNA and increase cancer risk.

Plus, healthful plant-based eating can help fight high blood pressure—a risk factor for certain cognitive problems. Scientists think that improving cardiovascular health may play a role in decreasing dementia risk.

Power Up with Plants

To reap the brain-boosting rewards of eating less meat:

- Try plant-based versions of favorites such as burgers, hot dogs, and bacon.
- Get more protein from beans, peas, and lentils.
- Update the ingredients in favorite recipes. Try cauliflower pizza crust, tofu-vegetable stir-fry, or bean burritos.

I BELIEVE IN
pink

We always walk together.
This year, let's walk apart.

The 24th
Annual BF&M
Breast Cancer
Awareness Walk

Any time • Any distance • Anywhere

Wear your shirt and walk for the cause, alone or with your social bubble. Tag and share your walk with us!
#ibelieveinpink2020

VIRTUAL CELEBRATION
OCTOBER 14TH, 2020

Join us on BF&M's FB page at 5:30pm. Featuring MC Nikita Robinson, DJ Chubb, distinguished guests and YOU! Prizes will be drawn throughout the live-streamed event.

REGISTER AT
racedayworld.com
to receive your pack and details.

Bermuda Cancer and Health Centre
Bermuda Registered Charity #070

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