



NEW YORK STATE SENATOR

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To Honor Mother's Day, Senator Robach Urges Women Over 40 to Get Screened for Breast Cancer

JOSEPH E. ROBACH April 9, 2013

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Risk Factors for Breast Cancer

A risk factor is anything that affects your chance of getting a disease. Having a risk factor, or even several, does not mean that you will get the disease. There are different kinds of risk factors. Some factors can be changed or modified- others cannot be changed, such as age and gender.

- **Gender-** Being a woman is the primary risk factor for developing breast cancer. Men can develop breast cancer, but this disease is about 100 times more common among women than men.
- **Aging-** Your risk of developing breast cancer increases as you get older.
- **Genetic risk factors-** About 5% to 10% of breast cancer is thought to be hereditary.
- **Menstrual periods-** Women who menstruate at an early age (before age 12) and/or go through menopause at a later age (after age 55) have a slightly higher risk of breast cancer.
- **Childbearing-** Women who have had no children or who had their first child after age 30 have a slightly higher breast cancer risk.
- **Breast-feeding-** Some studies suggest that breastfeeding may lower breast cancer risk.
- **Alcohol-** The use of alcohol is linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed.
- **Being overweight or obese-** Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause.
- **Physical activity-** Evidence is growing that physical activity in the form of exercise reduces breast cancer risk.
- **Other factors that may play a role:**
 - *Diet and vitamin intake*
 - *Chemicals in the environment-* Of special interest are compounds in the environment that have estrogen-like properties. For example, substances found in some plastics, certain cosmetics and personal care products, pesticides (such as DDE), and PCBs (polychlorinated biphenyls) seem to have such properties.
 - *Tobacco smoke-* Some studies have found that smoking and/or secondhand smoke may increase the risk of breast cancer.

Screening for Breast Cancer:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

Information is from the American Cancer Society at

<http://www.cancer.org/Cancer/BreastCancer/index>

SUPPORT BREAST CANCER INITIATIVES *LOCALLY* BY PARTICIPATING IN THE “PINK RIBBON RUN & FAMILY FITNESS WALK”

NEW LOCATION FOR 2013!

The Breast Cancer Coalition of Rochester is hosting the “Pink Ribbon Run & Family Fitness Walk”, a Women’s 5K Race and Family 2.5 Mile Fitness Walk. Every dollar raised stays in the Rochester community to benefit the lives of those impacted by breast cancer.

Date: MOTHER’S DAY! Sunday, May 12, 2013

Time: 9:00 a.m.

Location: Genesee Valley Park at the Roundhouse (NOTE NEW LOCATION)

Parking/Address: Parking available in two large parking lots at the U of R. Shuttle Parking will also be provided at Marketplace Mall in the North Lot off Jefferson Road & Hylan Drive.

Pre-race/walk Registration: \$20 or collect pledges, Pre-register and create a fundraising page at www.bccr.org or pre-register in person at the Breast Cancer Coalition, 840 University Ave., Rochester, NY Wednesday-Saturday (May 8-11) before the event.

Race/Walk-day registration: \$30 or collect pledges, registration beginning at 7:00 AM on May 12, 2013

More details are available at www.bccr.org or by contacting the Breast Cancer Coalition at (585) 473-8177.

HOLD THE DATE FOR SENATOR ROBACH'S 6TH ANNUAL WOMEN'S WELLNESS FAIR

“On Saturday, September 28th, from 10AM to 2PM, I will be hosting my 6th Annual Women's Wellness Fair in the Mall at Greece Ridge. The wellness fair will feature a host of vendors from the Rochester community offering information and resources pertinent to your overall wellbeing. Hope to see you there!”