

All About Breast  
Cancer for  
Women and  
Men: By Erica  
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Breast cancer is a disease that occurs when abnormal cells grow out of control. If breast cancer is not taken care of, it can spread to other areas of the body and can potentially lead to death. That is why it is so important to catch breast cancer in its early stages and get treated right away. Both women and men can get breast cancer. I am going to be talking about what you can do to prevent breast cancer or if you think you may have it, what the next steps are that you can take.

How can you know if you have breast cancer? Well, first you may show little to no symptoms. But if you do have symptoms, these are what the symptoms are. You may have a lump or thickening in the breast. You may have changes in the shape or size of the breast. You may have changes in the skin of the breast. Or you may have nipple discharge or redness. These are some of the symptoms that women and men experience if they have breast cancer, but not limited to all. Some men and women show no symptoms at all. It is so important to get mammograms or ultrasounds annually to make sure that you do not have any possible cases of breast cancer.

There are risk factors that can cause breast cancer. The first risk factor is a family history of breast cancer. It is likely that if your mother or grandmother had breast cancer, you are more likely to get it as well. That is because it runs in the genetic makeup or genes. There are inherited gene mutations that can also cause a person to get breast cancer. A daughter may have the same genes as her mother or grandmother, and those genes may be linked to breast cancer. Other factors that can cause breast cancer may include smoking and drinking alcohol. If a person smokes or drinks alcohol, it can cause other diseases, such as lung cancer or other cancers or diseases. These other cancers can then lead to breast cancer because the cancer can spread to other areas of the body.

Other factors that may cause breast cancer are poor diet, exercise, and obesity. If a person eats a lot of sugary food or starches, this can lead to an increased chance of breast cancer. Cancer thrives off of sugar. So if a person is eating a lot of junk food and no fruit or vegetables, then that person is more likely to develop cancer at an early age. But if a person limits their alcohol consumption by not drinking or not smoking, then their chances of getting cancer are decreased. If a

person eats a healthier diet and gets an adequate amount of exercise and a healthy sleep routine, then that person will also decrease their chances of getting breast cancer.

If a person overindulges themselves with junk food every day and they are gaining an excessive amount of weight, this can also cause cancer. Obesity is the number one risk factor for heart disease and death. It can also cause breast cancer if people are not taking care of the temple or body that God has given them to steward. When a person practices self-control and eats in moderation or cuts out junk food out of their diet, then they will live a long and prosperous life and lifestyle. A person may also want to try to incorporate exercise into their daily life so that they can maintain a healthy weight and decrease the risk of developing breast cancer early on.

In addition, other risk factors for developing breast cancer include radiation exposure. If a person was exposed to high degrees of radiation, whether that be during doctors appointments when getting x-rays or maybe just at their jobs or outside somewhere. Then, this can give them an increased chance of developing

breast cancer when they are younger. So a person may want to protect themselves by staying away from radiation or by praying for God's protection from this radiation. A person may need to stay away from environments where radiation is present. This will help a person to live a long life.

The next risk factor that can increase the chances of developing breast cancer is hormone replacement therapy. I don't know much about this hormone replacement therapy. But there are people that get hormones replaced in their bodies for their reasons. This can increase the risk of breast cancer. If a male is transgender, that person may want to replace their male hormones with female hormones. I think this is wrong because God created our gender for what it should be. If we are female, we should stay female, and the same with males. But these hormone replacement therapies can increase the risk of breast cancer because some of these hormones are linked to the breast and cells in the breast. The hormones can change the cells in the breast and cause abnormalities.

If a person is diagnosed with breast cancer, that person may want to treat it with certain treatments. The

treatments for breast cancer include treatment surgery, radiation therapy, chemotherapy, and medications. Treatment depends on the stage of breast cancer. If breast cancer is in its early stages, it can be treated with medication, but if it is in its late stages, then surgery may be required to save a person's life.

How can medical professionals diagnose patients with breast cancer? How can they find the cancer? Well, medical professionals can diagnose breast cancer through physical exams, mammograms, ultrasounds, MRIs, and needle biopsies. These things can help women and men catch breast cancer before it gets worse, and then they can get it treated when they have a diagnosis. To decrease the risk of breast cancer, one may include a certain medication or prayer.

If you think that you have breast cancer, God may want you to follow through with these steps before He heals you from it. He may first want you to get tests done to find out if you do have breast cancer or not. If you do, then you can follow through with treatment options. God may use the treatment or surgery to heal you. It is a process of healing, and it may not happen in one day, but it takes time to heal from breast cancer. We can be

saved from breast cancer by talking and listening to God and being led and guided by the Holy Spirit.

If you suspect you have breast cancer, the Holy Spirit will show you and lead and guide you. He will show you the next steps you need to take to recover from that cancer or that disease. God may even heal you right on the spot, but for some people, they may have to go through treatment first before they can get healed by both the treatment and God. That is using wisdom because you do not want to not accept treatment and then die an early death. So God wants us to get a diagnosis and treatment first before He decides to heal us completely.