

Meet the New FCH Extension Agent

Cory Edwards has transferred into the Family & Community Health County Extension Agent position with Texas A&M AgriLife Extension Service for Lubbock County.

Edwards earned her bachelor's degree in animal science production and her master's degree in family and consumer sciences education from Texas Tech University, Lubbock.

She most recently worked as the Better Living for Texans Extension Agent in Lubbock County. Previously Edwards taught at Idalou Elementary for five years. Prior to that she worked for AgriLife Extension part-time as a regional program coordinator for cancer prevention and early detection.



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October is Breast Cancer Awareness Month

Breast cancer is a type of cancer that starts in the breast. Cancer starts when cells begin to grow out of control.

Breast cancer cells usually form a tumor that can often be seen on an x-ray or felt as a lump. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

It's important to understand that most breast lumps are benign and not cancer (malignant). Non-cancerous breast tumors are abnormal growths, but they do not spread outside of the breast. They are not life threatening, but some types of benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change needs to be checked by a health care professional to determine if it is benign or malignant (cancer) and if it might affect your future cancer risk.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers)

There are also other types of breast cancer that are less common like phyllodes tumor and angiosarcoma

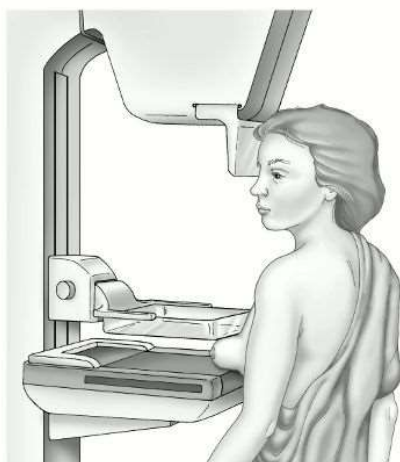
A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers.

Although many types of breast cancer can cause a lump in the breast, not all do. Many breast cancers are also found on screening mammograms, which can detect cancers at an earlier stage, often before they can be felt, and before symptoms

American Cancer Society screening recommendations for women at average breast cancer risk

These guidelines are for women at average risk for breast cancer. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.



Mammogram

Why do I need mammograms?

A mammogram can often find or detect breast cancer early, when it's small and even before a lump can be felt. This is when it's easiest to treat.

Breast Cancer Signs and Symptoms

Knowing how your breasts normally look and feel is an important part of breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or round. They can even be painful. For this reason, it's important to have any new breast mass, lump, or breast change checked by an experienced health care professional.

Other possible symptoms of breast cancer include:

- >> Swelling of all or part of a breast (even if no lump is felt)
- >> Skin dimpling (sometimes looking like an orange peel)
- >> Breast or nipple pain
- >> Nipple retraction (turning inward)
- >> Nipple or breast skin that is red, dry, flaking or thickened
- >> Nipple discharge (other than breast milk)
- >> Swollen lymph nodes (Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt.)

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to a health care professional so the cause can be found.

Remember that knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find breast cancer early, before any symptoms appear. Finding breast cancer early gives you a better chance of successful treatment.

All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Clinical breast exams are not recommended for breast cancer screening among average-risk women at any age.





National Child Health Day - October 4th

National Child Health Day is on the first Monday of every October where we show our support of children's health, family, and those that work hard to help them. Family income is a major factor in the health of children both physically and mentally. Children from households below the poverty line have a higher obesity rate than those above it, and with the epidemic not slowing down, it's clear that there's more that we need to do.

HOW TO OBSERVE #ChildHealthDay Go for a walk, play in a park, do some yard work or participate in activities to promote child health. Other ways to participate in the day include:

- ⇒ Schedule your child's next routine checkup.
- ⇒ Ensure vaccinations are up to date.
- ⇒ Schedule a routine dental checkup.

- ⇒ Add new healthy activities to your children's routine.
- ⇒ Set an example by letting your children catch you in healthy habits.
- ⇒ Inspect your child's toys. Are they broken or age-appropriate?
- ⇒ Share your best tips for helping your children live a healthy lifestyle.

Source: National Today

Analyzing Components of a Sugar Substitute

Foods may naturally contain the same substances as a sugar substitute, and sometimes in greater quantities than the high-intensity sweetener itself. For example: A serving of non-fat milk provides almost six to nine times more of the amino acid phenylalanine and 13 times more aspartic acid than the same amount of beverage sweetened with aspartame. A serving of tomato juice provides almost four to six times more methanol than the same amount of beverage sweetened with aspartame.

To get an idea of how much of a sugar substitute may be consumed without adverse effects, consider the following. A 132-pound person would need to consume these amounts in order to reach the ADI:

- 23 packets of sweetener containing sucralose.
- 45 packets of sweetener containing saccharin.
- 75 packets of sweetener containing aspartame.

Source: dinnertonight.tamu.edu/sugar-alternatives

The U.S. Food and Drug Administration, or FDA, states that sugar substitutes, or high-intensity sweeteners, including acesulfame-K, aspartame, neotame, saccharin, advantame and sucralose are safe to consume in the amounts that people typically eat or drink. But just how much is acceptable and safe for human consumption?

Regulatory agencies set Acceptable Daily Intake, or ADI, levels for each sugar substitute. The ADI is the maximum amount of a food additive that can be safely consumed on a daily basis over a person's lifetime without any adverse effects. The ADI and the amount equivalent to it will vary depending on a person's weight and the high-intensity sweetener.

High-intensity sweeteners are one way to reduce calories from added sugars, and FDA guidelines and current research support their safety when consumed at levels within the Acceptable Daily Intake.



Walk Across Texas! Program 25th Year Anniversary Challenge Kicks Off in Lubbock County

The Texas A&M AgriLife Extension Service office in Lubbock County is proud to announce the upcoming Walk Across Texas! Program's 25th Year Anniversary Challenge.

The Walk Across Texas! program is an online physical activity promotion program offered by Texas A&M AgriLife Extension designed to help Texans be more active. Adult and Youth teams are encouraged to work together towards the goal of virtually traveling across Texas. Your favorite physical activities are logged as 'miles walked' and contribute toward your team's mileage total. "You can walk together, individually, outside, at a mall, at a grocery store or a gym — any way that fits your schedule and lifestyle," said Cory Edwards, Lubbock CEA-FCH. "Keep track of your team's miles to see if together you can go the equivalent of the 832 miles it would take to walk across Texas in eight weeks."

The Walk Across Texas! 25 Challenge starts in October in Lubbock County, and we invite you to join us by registering to walk with a team of friends, family members, coworkers, and classmates. Each team of up to eight will have a Team Captain who will motivate and inspire their Team Members.

Everyone is encouraged to take part in the WAT! 25 Challenge, no matter your fitness level. Sign up and you will join a community connected through a positive journey towards a common, healthier goal. To further support teams, AgriLife Extension will host a variety of virtual program support activities!

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