

# Alliance Lenz

## Alliance For CancerCare Equity

### Monthly NEWSLETTER

October 2024



## This Month's News

Alliance for CancerCare Equity (ACCE) is transforming cancer care with empathy and compassion in Ghana and Canada by funding timely treatment for those patients who cannot afford it. Thanks to ACCE, more lives are saved every day. [Click here to listen to an inspiring patient's story](#) (Narrated in Twi with English subtitles).

### ACCE Support Updates: (100% of your donations go toward cancer treatment)

ACCE is thrilled to share that in September 2024, the Board approved funding for the cancer treatment of two new patients in Ghana. On Friday, October 4, 2024, ACCE made a significant payment of 20,000 GHS to support a patient in Ghana receiving essential cancer treatment. Additionally, ACCE contributed 5,500 GHS for two patients we support in Ghana to continue their treatments.

### Breast Cancer Awareness:

Breast Cancer Awareness Month is recognized globally every October. It provides an opportunity to shine light on this common disease. Our aim at ACCE is to bring awareness to Breast cancer by providing some fundamental but essential information about this disease.

Breast cancer begins as a growth of cells in the breast tissue. Breast cancer is one of the most common cancers diagnosed in women. According to the Canadian Cancer Society, it is estimated that about 1 in 8 Canadian women will develop breast cancer during their lifetime, and 1 in 36 will die from it. However, everyone born with breast tissue (male or female) can get breast cancer. With widespread support for breast cancer awareness and funding for research, the number of people dying of breast cancer continues to decline steadily. Advances in breast cancer screening now allow healthcare professionals to diagnose breast cancer earlier, making it much more likely that the cancer can be cured. Even when breast cancer can't be cured as a result of late stage diagnosis, many treatments currently exist to extend life with significant quality of life. Such new discoveries in breast cancer research are providing healthcare professionals with many options from which to choose the most effective treatment plans. **continue on page 2**

**CLICK OR SCAN THE QR CODE TO SUPPORT ACCE AND TO SUPPORT CANCER PATIENTS**



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### THANKS TO ALL OUR DONORS & SUPPORTERS

Thank you for your generous donations to Alliance for CancerCare Equity! Your support empowers us to provide crucial treatment to those in need. You make a real difference—thank you for being such vital partners in this mission!

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#### Breast Cancer Awareness... continues.

##### What are the risk factors for breast cancer?

Factors that may increase the risk of breast cancer include:

- A family or personal history of breast cancer.
- Beginning menstruation before age 12 or menopause after age 55.
- Women are more likely than men to get breast cancer.
- Dense breast tissue on mammogram shows increased risk.
- Having your first child at an older age or never pregnant.
- Radiation exposure to the chest as a child or young adult.

##### What are the signs and symptoms of breast cancer?

Signs and symptoms of breast cancer may include:

- A breast lump or thickened area of skin that feels different.
- A nipple that looks flattened or turns inward.
- Changes in the color of the breast skin.
- Changes in the size, shape or appearance of the breast.
- Peeling, scaling, crusting or flaking of the skin on the breast.

##### What are the treatment options?

Breast cancer treatment often starts with surgery to remove the cancer. Most people will have other treatments after surgery, such as radiotherapy, chemotherapy and hormone therapy. Some may have chemotherapy or hormone therapy before surgery to help shrink the cancer and make it easier to remove. Individual treatment plans will depend on the particular breast cancer. The healthcare team will consider the stage of the cancer, how quickly it is growing, whether the cancer cells are sensitive to hormones, and the overall health and individual preferences. No alternative medicine treatments have been found to cure breast cancer. However, complementary and alternative medicine therapies may help to cope with side effects from conventional treatments.

##### How is breast cancer diagnosed?

Breast cancer diagnosis often begins with an exam and a discussion of your symptoms. Imaging tests such as mammograms and/or ultrasounds are used to look at breast tissue for anything that's not typical. A breast MRI can also be used to make more detailed pictures of the breast. To confirm whether there is cancer or not, a sample of tissue is removed from the breast for testing. Not everyone needs all the tests. Your healthcare team will pick the proper tests based on your unique situation.

##### Useful Resources:

- <https://cancer.ca/en/cancer-information>
- <https://www.aacr.org/patients-caregivers>
- <https://www.mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470>

