

*Dedicated to serving  
the diverse, medically  
uninsured population  
of the Greater  
Sacramento Area, one  
of Shifa Clinic's  
missions is to promote  
health awareness in the  
community.*



## CONTACT US

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# Breast Cancer

HEALTHY BREASTS  
THROUGH HEALTHY  
LIVES

**SHIFA COMMUNITY  
CLINIC**

# OUR CLINIC

Shifa Clinic is a non-profit, student-run medical facility dedicated to serving the diverse, medically uninsured population of the Greater Sacramento Area.

We speak: Spanish, Punjabi, Hindi, Urdu, Arabic, Farsi, Pashto, French, Korean, Telugu, Nepali, and Turkish. Call us in advance to request a translator for your appointment.

*"Once you choose hope,  
anything is possible."  
~Christopher Reeve*

# OUR FREE SERVICES

WOMEN'S CLINIC DAYS EVERY  
SECOND SUNDAY OF THE  
MONTH PAPAN-SMEARSON-SITE BLOOD  
TESTSON-SITE URINE  
ANALYSISHEALTH  
EDUCATIONPRESCRIPTION REFILLS  
AND PRESCRIPTION ASSISTANCE  
PROGRAMPHYSICAL EXAMSANNUAL  
FLU SHOTSANNUAL DERMATOLOGY  
CLINIC  
ANNUAL RETINOPATHY  
CLINICLEGAL CLINICHEP B/C  
SCREENINGCHRONIC DISEASE  
MANAGEMENT AND  
PREVENTIONMENTAL HEALTH  
PARTNERSHIP WITH MAS SOCIAL  
SERVICES FOUNDATION AND  
CONSORTIUM FOR COMMUNITY  
SERVICESDISCOUNTED EYE EXAMS  
THROUGH CALIFORNIA VISION  
FOUNDATIONDEPRESSION  
SCREENING

# What is Breast Cancer?

Breast Cancer is a tumor caused disease in which cells in the breast grow out of control. The cancerous tissue spreads first to its immediate surroundings and then to the lymph glands close to the memit. In patients who are diagnosed and not treated on time, the cancer can spread to other organs of the body, increasing the risk. The incidence of breast cancers has increased considerably in recent years. According to statistics on a global scale, the incidence of breast cancer is calculated in around 40-50 in 10000.

## Symptoms

- Redness in the breast, wound, eczema, crusting, cracking.
- The appearance of the breast skin similar to the orange peel.
- Unusual swelling or size increase in the breast.
- Discharge from the nipple; especially in pink or red.
- Hardness, swelling or mass under the armpit.

## Risk Factors

- Lack of physical activity
- Family history of breast cancer
- Personal history of breast cancer
- Stress
- To be between the ages of 50-70 and in the postmenopausal period.
- Have given birth but has not breastfed
- The age of menstruation is early and the age of menopause is late.
- Living in a modern, urban environment.

## Reducing the Risk: Stress Management

It's important to take stress seriously. Especially, since chronic stress can impose negative effects regarding your health, especially when it comes to cancer. Some useful stress management techniques include:

1. Keep a positive attitude
2. Accept that there are events out of your control
3. Eat healthy meals.
4. Get enough rest and sleep.
5. Avoid alcohol and drugs.
6. Make time for hobbies.
7. Exercise Regularly.

## Reducing the Risk: Eating the Right Food

There is no single food that can prevent or cause breast cancer. However, there are certain dietary choices that can make a difference to their overall risk of developing cancer. Such foods include:

1. Fruits and Vegetables such as berries, peaches and dark green leafy veggies such as kale and broccoli.
2. Foods rich in fiber such as beans and grains
3. Low Fat Milk and Dairy Products
4. Soy-bean based products

## Reducing the Risk: Personal Care Products

One of the biggest challenges that are present in our daily lives are personal care products which may contain harmful chemicals to our body. Deoderants, for example, are one of the biggest issues. Aluminum based compounds are one of the most common ingredients in deodorants. It can cause hormonal (estrogen) effects being applied to the skin near the breasts which can promote the growth of breast cancer cells, increasing the risk.



**Stronger Together.**