

Youens & Duchicela Clinic

FAMILY MEDICINE | BOARD CERTIFIED

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Breast Cancer Awareness for Women and Men

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms. This screening test can help find breast cancer in its early stages, before any symptoms appear.

Symptoms and Findings:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- New breast lump or mass

Who Needs Screening:

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Breast Cancer Screening for Men at Higher Risk:

Breast cancer in men is rare, but it does happen (less than 1 percent of all breast cancer cases in the U.S.). Men have much less breast tissue compared to women and are not routinely screened for breast cancer. Breast cancer screening is ONLY recommended for some men at higher than average risk due to an inherited gene mutation or a strong family history of breast cancer. For these men, screening may increase the chances breast cancer is found early, when the chances for survival are highest. If you have concerns about your risk of breast cancer, talk with your physician.


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Cholesterol: Cholesterol is a waxy substance. It's not inherently "bad." In fact, your body needs it to build cells. But too much cholesterol can pose a problem. Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol. Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your levels. There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain. **Avoid saturated fats and trans oils. They influence the amount of Bad (LDL) cholesterol.**

What should I limit?

- Red meats and fatty meats that aren't trimmed
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and cheese
- Baked goods made with saturated and trans fats like donuts, cakes cookies
- Foods that list the words "hydrogenated oils" in the ingredients panel
- Fried Foods, saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, stick margarine and lard

What should I eat?

Focus on eating foods low in saturated and trans fats such as:

- A variety of fruits and vegetables, unsalted nuts, seeds, and legumes (dried beans or peas).
- A variety of whole grain foods like whole grain bread, cereal, pasta and brown rice. (At least half of the servings should be whole grains.)
- Fat-free, 1 percent and low-fat milk products.
- Poultry without skin and lean meats. When you choose to eat red meat and pork, select options labeled "loin" and "round." These cuts usually have the least amount of fat.
- Fatty fish such as salmon, trout, albacore tuna, and sardines. Enjoy at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings.
- Nontropical vegetable oils like canola, corn, olive, or safflower oils.