

October is Breast Cancer Awareness Month



Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.

According to the CDC, no breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

Some symptoms of breast cancer could include:

- New lump in the breast or underarm (armpit).
- Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. Two common causes of breast lumps are fibrocystic breast condition and cysts.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Women who are 40-49 years old should talk to their physician about when to start and how often to get a mammogram, and women who are 50-74 years old and are at average risk for breast cancer should get a mammogram every two years.
- Keep in mind that these symptoms can happen with other conditions that are not cancer. However, if you're concerned or have any symptoms listed above, be sure to make an appointment with your physician right away.

Source: cdc.gov

East Troy
MANOR

3271 North Street, East Troy, WI 53120
262.642.3995

Christie Leadley, Administrator
June Lancour, Director of Nursing
Chuck Dimick, Activities

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Brighten Your Smile with Good Dental Hygiene

Maintaining proper dental hygiene becomes increasingly crucial for aging adults due to a higher susceptibility to oral health issues as they age, which can impact overall well-being. Poor oral health has been linked to various systemic conditions such as cardiovascular disease and diabetes. To reduce these risks, here are five key ways to enhance dental hygiene in older adults:

Regular Dental Check-ups:

Schedule routine dental visits to address potential issues promptly and receive professional cleanings.

Effective Brushing: Use a soft-bristle toothbrush and fluoride toothpaste to gently clean teeth and gums twice daily.

Proper Denture Care: Clean dentures daily, remove them at night to allow oral tissues to rest, and ensure a proper fit to prevent discomfort.

Flossing and Interdental Cleaning: Encourage regular flossing or use of interdental brushes to remove plaque and food particles from between teeth.

Balanced Diet and Hydration: Consume a diet rich in fruits, vegetables, lean proteins, and dairy, and stay hydrated to support oral health and overall immune function.



OH GREAT PUMPKIN DAY!

Fall is here, and we're ready for pumpkin everything! It's the perfect time to indulge in pumpkin pies, cookies, coffee, cheesecake, pasta, roasted seeds, and oatmeal. On October 26, we celebrate our favorite spooky and silly decoration and food: the pumpkin! Is there anything pumpkins can't do?

White pumpkins are the newest fad in pumpkin fashion in the U.S. They are great for carving and painting due to their bright, white canvas-like skin. Pumpkins

grow in many colors ranging from the classic bright orange, to yellow, brown, green, grey and white.

PUMPKIN FUN FACTS:

- The word pumpkin originated from the word **pepon**. **Pepon** means "large melon" in Greek.
- Pumpkins, gourds, and squashes are technically fruits, specifically berries.
- The United States produces over 1.5 billion pounds of pumpkins each year.



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