# Texas Breast Center Explains the Benefits of Breast Cancer Awareness in New Blog Post

*May 25, 2023*

Waxahachie, Texas - May 25, 2023 -
Texas Breast Center in Waxahachie, TX, has recently published an article titled, ?Benefits of Breast Cancer Awareness: Resources, Information, and Support?. National Breast Cancer Awareness Month is every October and they want to stress that this is not just about wearing pink but also about doing something to get informed about breast cancer and providing the information to friends and family about the symptoms and risk factors of breast cancer. It is also about providing help to those who have received breast cancer diagnosis, have lost a loved one to breast cancer, or undergone treatment for breast cancer.

With breast cancer being the most common type of cancer in the US and early detection as the key to saving lives, Texas Breast Center is urging everyone to take part in Breast Cancer Awareness Month in October and advising women to self-examine their breasts and educate others about the risks and how to prevent breast cancer.

Dr. Valerie Gorman, MD, FACS, says, ?Public education represents one facet of awareness. Campaigns for Breast Cancer Awareness Month assist in educating people about the warning signs and symptoms of the disease as well as preventative measures, such as how to do a self-exam, where to find the right breast

cancer screening, and the value of routine mammograms. For those impacted by breast cancer, the month also spotlights cutting-edge, effective procedures and treatments, even those that may not be well-known to the general public.?

Dr. Gorman wants to emphasize the importance of early detection of breast cancer. And although it can affect women of any age, those who are over 50 are most frequently diagnosed with breast cancer. Dr. Gorman says, ?Every month, you should perform a breast self-exam. Lay down on your back and raise your right arm to conduct a self-exam. Check the entire right breast and armpit region with three fingers on your left hand for lumps, knots, or extra skin thickness. In the shower, you can also carry out this examination by elevating your arm above your head. It is also advised to check your breasts in the mirror to check for any visible symptoms like skin puckering or dimpling.?

Meanwhile, screening mammograms are essential for early diagnosis because they can detect breast abnormalities even before a lump can be felt. It is recommended that women between 45 and 54 get mammograms each year, while women over the age of 55 should get them once every two years. For women between the ages of 40 and 44, an annual exam is advised, particularly for those who have a family history of breast cancer.

It is also a good idea to reduce one?s risk of developing breast cancer. According to the American Cancer Society, there are a number of ways to minimize the risk of getting breast cancer. These include: keeping a healthy weight or losing weight if needed; performing moderate to vigorous exercises, which should include 150 to 300 minutes a week of moderate-intensity exercise; limiting the consumption of alcoholic drinks as drinking alcohol even in moderate amounts have been linked to breast cancer; and breastfeeding because most research have found that breastfeeding for at least a year can decrease the risk of breast cancer.

Texas Breast Center is a clinic of Dr. Valerie Gorman, MD, FACS, in Waxahachie, TX. She specializes in breast cancer and her services include: breast cancer surgery; breast pain treatment; benign breast disease treatment; lumpectomy; prophylactic mastectomy; mastectomy/ nipple-sparing mastectomy; partial mastectomy; diagnostic breast biopsy with ultrasound and stereotactic guidance; catheter placement for partial breast radiation; sentinel lymph node biopsy; axillary surgery; consultations for abnormal mammograms; and genetic/ familial high-risk screening and assessment. It should also be noted that some birth control medications, such as a combined oral contraceptive pill, and hormone replacement therapy may be connected to a higher risk of breast cancer.

Those who would like to know more about preventing breast cancer and the treatments provided at the Texas Breast Center can go to their website or contact them on the telephone. They are open from 9:00 am to 4:00

pm, from Monday to Friday.

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For more information about Texas Breast Center, contact the company here:Texas Breast CenterGreg Gorman214-912-5195info@texasbreastcenter.com2460 N, I-35E Suite 215, Waxahachie, TX 75165

## Texas Breast Center

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