



| BEC NEWS

U.S. Breast Cancer Statistics

- About 1 in 8 U.S. women (about 13%) will develop invasive breast cancer over the course of her lifetime.
- In 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.
- About 2,650 new cases of invasive breast cancer are expected to be diagnosed in men in 2021. A man's lifetime risk of breast cancer is about 1 in 833.
- About 43,600 women in the U.S. are expected to die in 2021 from breast cancer. Death rates have been steady in women under 50 since 2007, but have continued to drop in women over 50.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

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October 2021 LETTER

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month.
Get those puppies checked!



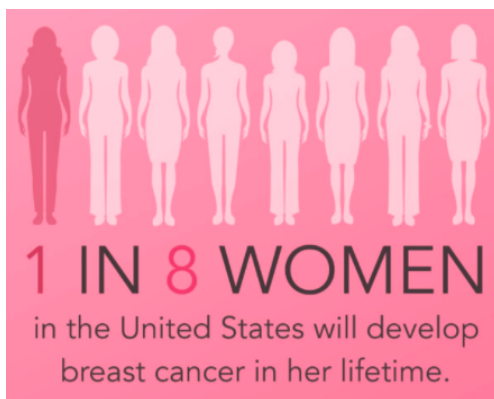
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- As of January 2021, there are more than 3.8 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- Breast cancer is the most commonly diagnosed cancer among American women. In 2021, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers.
- Breast cancer became the most common cancer globally as of 2021, accounting for 12% of all new annual cancer cases worldwide, according to the World Health Organization.



- In women under 45, breast cancer is more common in Black women than white women. Overall, Black women are more likely to die of breast cancer. For Asian, Hispanic, and Native-American women, the risk of developing and dying from breast cancer is lower. Ashkenazi Jewish women have a higher risk of breast cancer because of a higher rate of BRCA mutations.
- Breast cancer incidence rates in the U.S. began decreasing in the year 2000, after increasing for the previous two decades. They dropped by 7% from 2002 to 2003 alone.
- These results suggested a connection between HRT and increased breast cancer risk. In recent years, incidence rates have increased slightly by 0.5% per year.
- A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15% of women who get breast cancer have a family member diagnosed with it.



- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- The most significant risk factors for breast cancer are sex (being a woman) and age (growing older).

-From BreastCancer.org

Oktoberfest

Oktoberfest season is upon us. The German festival is now a worldwide phenomenon celebrating Bavarian culture and flowing pints of beer. Here's everything you need to know about the celebration.

Oktoberfest was cancelled this year (2021), according to Munich's website. It normally runs for 16 days with the last day being the first Sunday in October. However, if that 16 days falls before Oct. 3, it will last 17 or 18 days.

Why is it celebrated?

Oktoberfest began as a wedding celebration more than 200 years ago when Bavaria's Crown Prince Ludwig married Princess Therese of Saxony-Hildburghausen on Oct. 12, 1810. The wedding was celebrated with multiple days of drinking, feasting and horse races.

Oktoberfest celebrations can be found all over the world, but the main event is in Munich, Germany, where the first Oktoberfest was held.

Oktoberfest is often associated with beer, but the festival's traditions go beyond that. While the beer tents, of course, provide drinks, they also play only traditional Bavarian music. The original six Munich breweries still provide the beer. You can also catch people in traditional Bavarian clothing, dirndls and lederhosen.

-By Lisa Marie Segarra,
Time Magazine



THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT
PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities and its national project, the Prevention of Child Abuse.

We want to see you!

If you are able, come weekly at 7:00 a.m. on Friday to the Metra Cafe and get to know your fellow Exchangites!



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Committee Happenings

BECON Committee October - Cavin Noddings

Invocation Committee - Teal Kaufman

***Committee chairs - Please be sure to email your upcoming events to shannonejohnson16@gmail.com to have it included in the next months newsletter!*

Volunteer Opportunities for October 2021

October 8 - In this Moment and Black Veil Brides

October 16-23 - Nile Rodeo

October 22 - Tough Enough To Wear Pink

***Don't forget to mark yourself either 'request to work' or 'unavailable' so we can schedule those members first who need to get their events for the year.*

Veteran's Day Chili Cook Off

The Americanism Committee is looking for 20-25 chefs for this year's Chili Cook off! The cook off will be held on Saturday, November 6, 2021, at the American Legion (Broadwater Ave.) from 11:00am - 2:00pm. Proceeds from the event will benefit the Veteran's Meat Locker. Contact Dina Harmon at dinaharmon1212@gmail.com to participate in the event.

New Members

Welcome back to the club **Carla Morgan**! Carla's application was proposed at the September board meeting and was approved unanimously. Everyone please welcome Carla back into the fold.





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

RECOGNITION

It's time to celebrate YOU!! We have so many valuable members in the club and it's high-time that you were recognized for your years of service. So this section of the newsletter has been added this year to do just that!

The following members have been part of the Breakfast Exchange club for 5 years or greater. Please take the time to send an email, give a pat on the back, or give a fist-bump to these loyal members.

Arnie Bejot	42 years	Joined 10/01/1979
Larry Iacopini	40 years	Joined 10/42/1981
Mark Koerber	34 years	Joined 10/16/1987
Tony Leenknecht	32 years	Joined 10/25/1989
Jerry Baker	31 years	Joined 10/16/1990
Lisa Jensen	13 years	Joined 10/01/2008
Brett Solberg	8 years	Joined 10/01/2013

THANK YOU FOR YOUR SERVICE!

