



BREAST CANCER AWARENESS



Early Detection & Diagnosis

40

Women should have the choice to start annual breast cancer screening with mammograms

Women should begin to have yearly mammograms

45

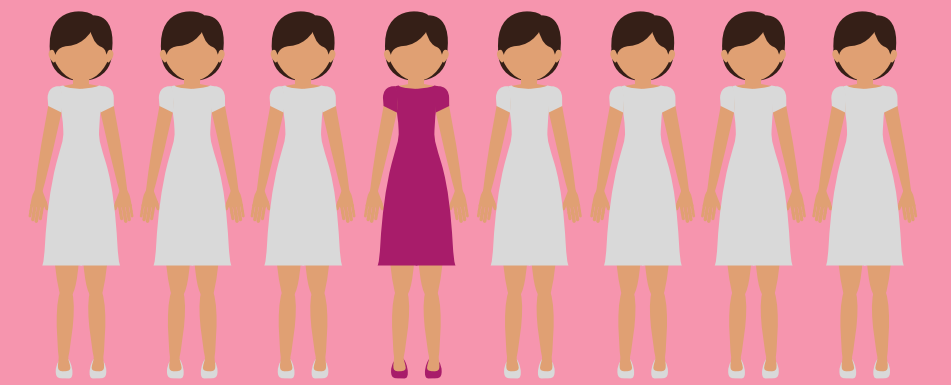
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The ACS recommends women to continue getting mammograms every two years or annually

There is no sure way to prevent breast cancer, so early detection and diagnosis through mammograms and self-checks are important!



1 IN 8 WOMEN



WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME

WHAT AFFECTS MY RISK?

Age

Women aged 55 and older are at higher risk of developing breast cancer.

Race & Ethnicity

Over age 45, white women are slightly more at risk.

Under age 45, breast cancer is more common in African American women.

Lifestyle

Obesity after menopause and increased alcohol consumption can increase your risk.

Genetics

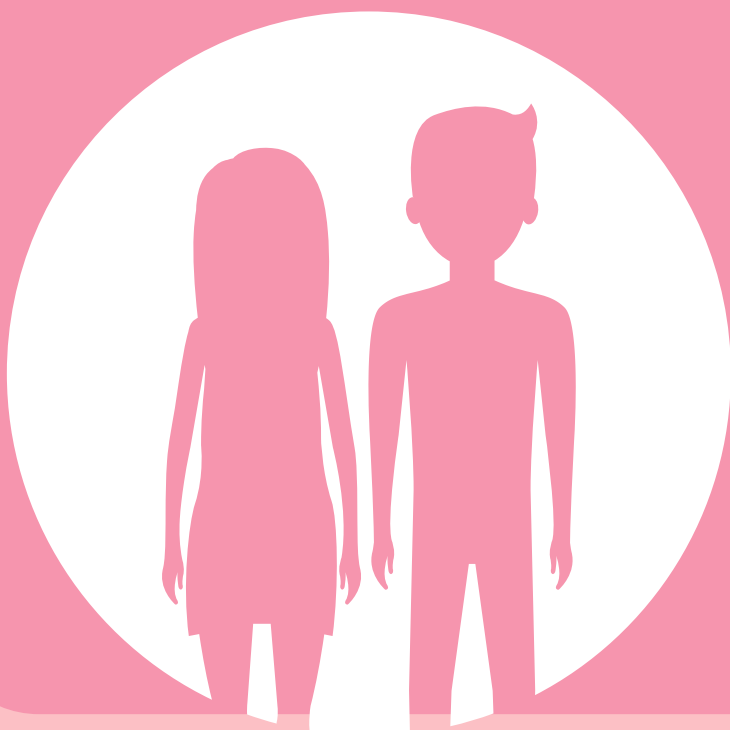
Certain inherited genetic mutations, like mutation of the BRCA1 or BRCA2 genes, can cause hereditary breast cancer.

You can Self Check!

1 In the shower

2 In front of a mirror

3 Lying down



MEN AND WOMEN SHOULD SELF CHECK

Did you know?

BREAST CANCER IS:

- > THE 2ND MOST COMMON CANCER AMONG WOMEN IN THE U.S.
- > THE LEADING CAUSE OF DEATH FOR HISPANIC WOMEN IN THE U.S.



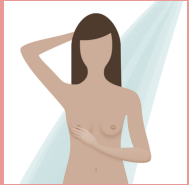
ABOUT 1 IN 10 HISPANIC WOMEN LIVING IN THE U.S. WILL DEVELOP BREAST CANCER.

11%

OF NEW BREAST CANCER CASES IN THE U.S. ARE FOUND IN WOMEN UNDER 45 YEARS OLD.

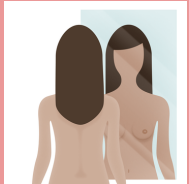
HOW TO PERFORM A BREAST SELF-EXAM

“ **40%** of diagnosed breast cancers are **detected by women who feel a lump**, so establishing a regular breast self-exam is very important.
- Johns Hopkins Medical Center ”



1. In the shower

Lift one arm over your head and use the pads of your 3 middle fingers to press down on the breast and armpit area in small circular motions



2. In front of a mirror

Inspect your breasts with your arms by your side, and then with both arms raised over your head.



3. Lying down

Place a pillow under one shoulder and place your arm behind your head. Use the other arm to feel around your breast. Squeeze the nipple and check for any discharge.

Feel for ...

lumps, thickening, hardened knots, or other changes.

Look for ...

changes in contour, swelling, dimples, or changes in nipples

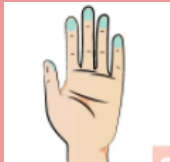
Make sure to:



CHECK MONTHLY



EXAMINE ENTIRE BREAST AND ARMPIT AREA



USE YOUR FINGER PADS (NOT TIPS)

- Use light, medium, and firm pressure.
- Move your fingers in a circular motion, up and down your breast, and finally outwards from your nipple.

PREVENTION

CAN BREAST CANCER BE PREVENTED?

There is no sure way to prevent breast cancer. However, there are preventive measures for women who have a strong family history of breast cancer, or certain genetic risk factors.

EARLY DETECTION & DIAGNOSIS

These are **two early detection methods**:

Being aware of **early signs and symptoms** for earlier diagnosis and treatment



Screening tests to identify abnormalities: (**Mammography screening**, Breast self examination (**BSE**), Clinical Breast Examination (**CBE**), **Genetic Testing**).

MAMMOGRAPHY SCREENING

Mammography screening is the **most effective** screening method.

Reducing the **loss of life by around 20%**

40

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The ACS recommends women to continue getting mammograms every two years or annually

SURGERY TO REDUCE BREAST CANCER RISK

You might consider preventive surgery if you:

- Have a mutation in the **BRCA1 or BRCA2** gene (or other genes)
- Have a strong **family history** of breast cancer
- Have (or have had) cancer in one breast

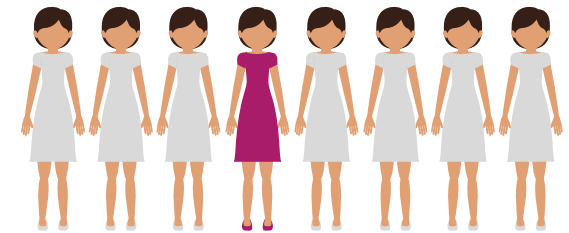
ACCORDING TO:
NATIONALBREASTCANCER.ORG
BREASTCANCER.ORG
WORLD HEALTH ORGANIZATION (WHO)
ABC.ORG



BREAST CANCER AWARENESS

BREAST SELF-AWARENESS IS KEY!

1 IN 8 WOMEN



WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME

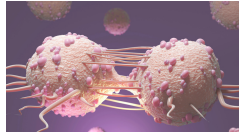
READ INSIDE FOR MORE INFO!



OVERVIEW OF BREAST CANCER

Cancer is a disease in which cells in the body grow out of control.

Breast cancer is a disease in which the cells within the breast divide and grow out of control.



** Breast cancer is the second most common cancer among women in the United States

** Breast cancer is the leading cause of cancer death among Hispanic women. A Hispanic woman living in the United States has about a 1 out of 10 chance of developing breast cancer

Most Common Types of Breast Cancer:

- 1 Invasive ductal carcinoma
- 2 Invasive lobular carcinoma

Male Breast Cancer

- The risk of breast cancer is lower in men than in women. The lifetime risk of a male getting breast cancer is about **1 in 833** compared to 1 in 8 women

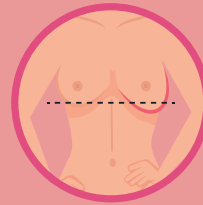
SIGNS AND SYMPTOMS WHAT TO LOOK OUT FOR!



New lump, usually hard, in the breast or underarm (armpit)



Redness or flaky skin in the nipple area or the breast



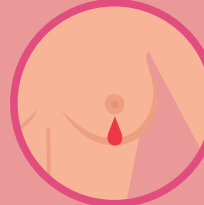
Thickening or swelling of part of the breast



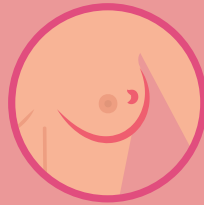
Pulling in of the nipple or pain in the nipple area.



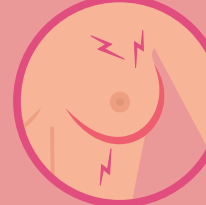
Irritation or dimpling of breast skin.



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.

80% to 85% of breast lumps are benign or non-cancerous, especially in women younger than age 40



If your mammograms have been negative, odds are even better that a breast lump is not cancer!

Ask your doctor if you are due for mammogram screenings!

SOURCE:
CDC.GOV
ACOG.GOV
STONYBROOKMEDICINE.EDU
AMERICAN CANCER SOCIETY

AM I AT RISK?

Age

Breast cancer risk increases with age. Most diagnoses are made in **women aged 55 and older.**

55+

Race/Ethnicity

- White women are slightly more likely to develop breast cancer than Hispanic, African American, and Asian women.
 - **In women under age 45**, breast cancer is more common in African American women.

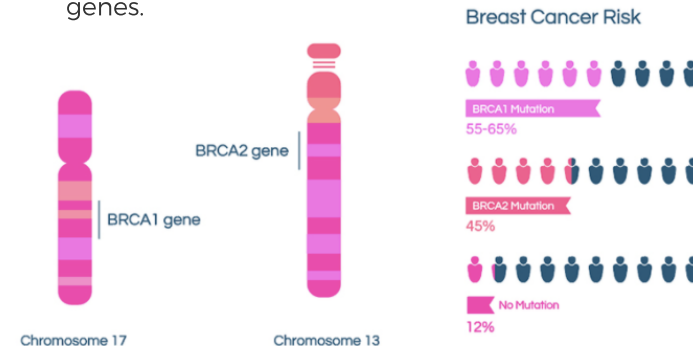
Lifestyle factors

- Obesity after menopause
- Increased alcohol consumption (1 or more drinks daily) have both been linked to a higher risk of breast cancer.



Certain inherited genetic mutations can also increase your breast cancer risk.

- The most common cause of hereditary breast cancer is a mutation of the **BRCA1** or **BRCA2** genes.



ACCORDING TO:
BREASTCANCER.ORG
CANCER.ORG
CANCER.GOV