

# Breast Cancer Awareness!

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## Breast Cancer Awareness

### Breast Cancer statistics:

- About 1 in 8 women will develop breast cancer in their lifetime
- About 237,000 cases of breast cancer in women occur each year
- About 2,100 cases of breast cancer in men occur each year
- A woman's chances of breast cancer doubles if a primary relative had breast cancer
- Breast cancer is the most common type of cancer in American women
- Breast cancer mostly occurs in women older than 50
- 11% of new breast cancer cases occur in women <45 years old



## EARLY DETECTION

Basic tips on self exams for breast cancer.

### STEP 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.



Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

Now, raise your arms and look for the same changes.

### STEP 2

### STEP 3

While at the mirror, look for any signs of fluid coming out of one or both nipples (This could be a watery, milky, or yellow fluid or blood).

Next, feel your breasts while lying down, using your right hand to feel your left breast, then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

### STEP 4



### STEP 5

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

### Breast Cancer:

Some signs to look out for are:

- New lump in the breast or underarm
- Swelling or thickening of the breast
- Redness or flaky nipples
- Nipples discharge other than breast milk, including blood
- Change in shape or size in the breast
- Painful breasts
- Irritation of the breast
- Dimpling of the breast (sign of inflammation)

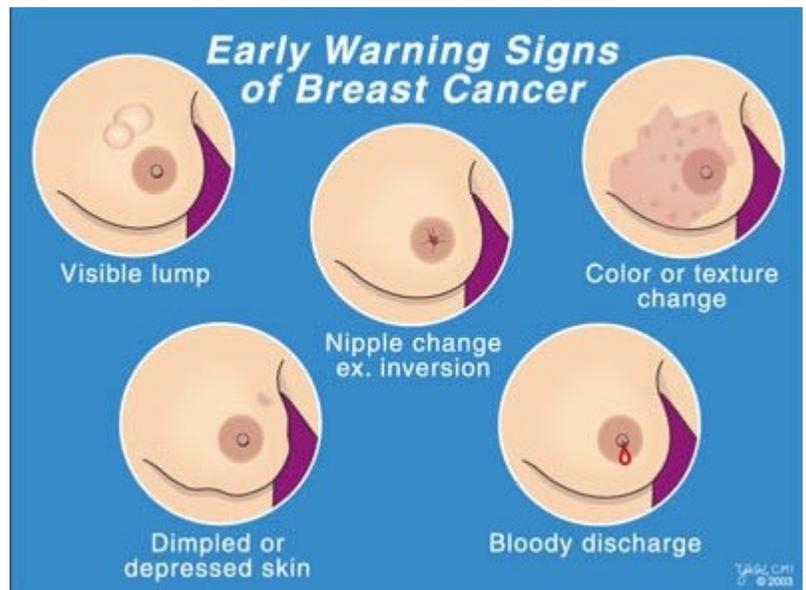
## Who should get screened?

### Breast Cancer screening:

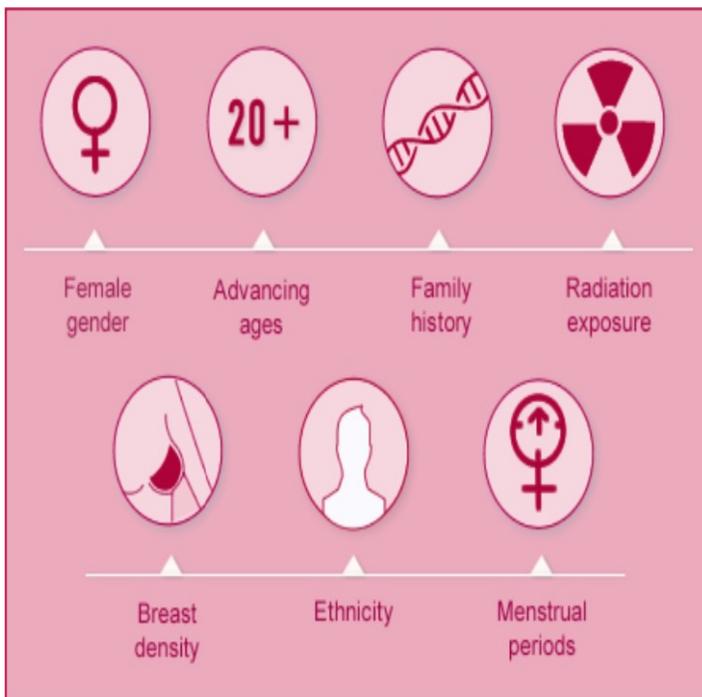
It is important to get screened annually. Breast cancer screening can not prevent breast cancer however it can help detect early breast cancer. According to the American Cancer Society:

- Women aged 40-44 have an opportunity to begin mammography screening annually
- Women aged 45-54 should have a mammography screening every year
- Women aged 55 and older can be screened every 2 years or have a choice to have a mammography screening annually
- Women at high risk should receive a mammography screening and an MRI screening based on 2007 American Cancer Society Guidelines
- Women should continue to be screened for breast cancer as long as their in good standing health with a life expectancy of 10 years or more

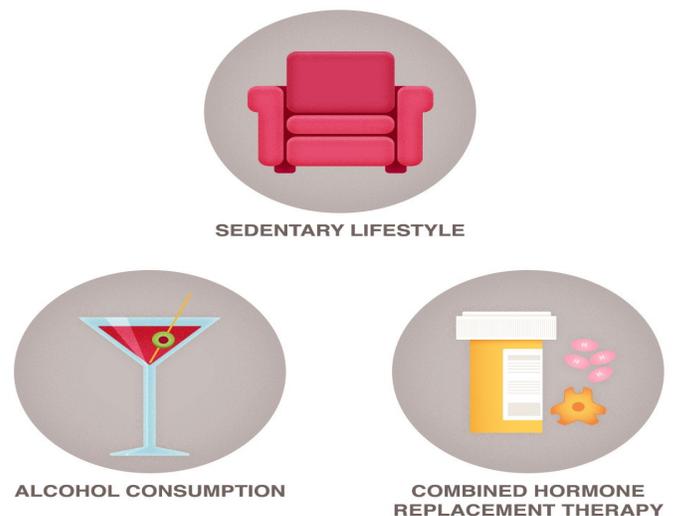
## What to look for!



## Risk Factors for Breast Cancer



### AVOIDABLE RISK FACTORS



Reference: [https://www.cdc.gov/cancer/breast/basic\\_info/index.htm](https://www.cdc.gov/cancer/breast/basic_info/index.htm). Center of Disease Control. Updated on June 13, 2018.

<https://jamanetwork.com/journals/jama/fullarticle/2463262>. Breast Cancer Screening for Women at Average Risk 2015 Guideline Update for the American Cancer Society. *JAMA*. 2015;314(15):1599-1614. Updated October 20, 2015.