



Check Your Breast Cancer Knowledge

True or False (answers on reverse):

- ____ Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health.
- ____ Women in their 20s and 30s should have a clinical breast exam as part of a regular health exam by a health professional, preferably every three years.
- ____ Breast cancer is the second most common cancer among American women.
- ____ The overall five-year survival rate for localized breast cancer is 98 percent.
- ____ Counting those currently undergoing treatment, there are about 25 million breast cancer survivors in the United States.

October is National Breast Cancer Awareness Month

While breast cancer is sometimes found after symptoms appear, many women with early breast cancer have no symptoms of the disease. Another reason why knowing about breast cancer - the signs, symptoms, facts and what you can do - is so important. Talk to your doctor about what you can do to prevent breast cancer and keep your health in check!

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Check Yourself!

If you experience any of the below signs or symptoms talk to your doctor immediately.

- Any new, hard lump or thickening in any part of the breast.
- Change in breast size, shape or color.
- Dimpling or puckering of the skin.
- Swelling, redness or warmth that does not go away.
- Pain in one spot that does not vary with your monthly cycle.
- Pulling in of the nipple.
- An itchy sore or scaling area on one nipple.
- Nipple discharge that starts suddenly and appears only in one breast.

Check Your Risk

Below are a few risk factors that might lead to a breast cancer diagnosis. However, it is important to note some women (and men) have no risk factors and still develop the disease. It is important to talk with your doctor.

- **Gender.** While men can develop breast cancer, being a woman is the main risk factor for breast cancer.
- **Age.** As you age, your chance for developing breast cancer increases.
- **Genetics.** According to the American Cancer Society (ACS), about 5 percent to 10 percent of breast cancer cases are thought to be hereditary, resulting directly from gene changes (called mutations) inherited from a parent.
- **Family history.** There is an increased risk for a woman with close, blood relatives who have developed this disease.
- **Race and ethnicity.** White women are slightly more likely to develop breast cancer than are African-American women.
- **Lifestyle factors.** If you frequently use alcohol, are obese or lack physical activity, your risk could increase.
- Other risks include having no children, or having them later in life, taking oral contraceptives and using postmenopausal hormone therapy.

Answers: All are true!



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