

October 2009

# Breast Cancer



healthstat

# October is Breast Cancer Awareness Month

- **What is Breast Cancer?**
  - An overgrowth of malignant (cancerous) cells that do not function properly.
  - These cells can be located in the connective tissue, milk glands, and milk ducts of the breasts.
  - These cells form the tumor or mass that can potentially spread or metastasize to other parts of the body.



# Breast Cancer Awareness

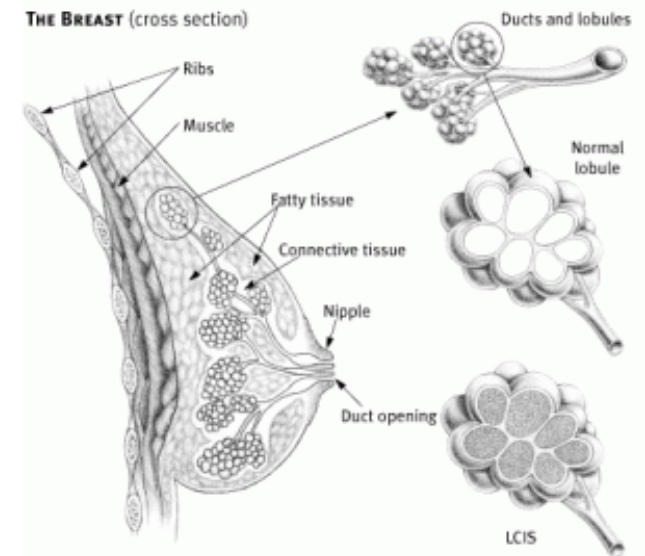
- **Types of Breast Cancer**

- **Common forms:**

- Ductal carcinoma in situ (DCIS)
    - Invasive ductal carcinoma
    - Lobular carcinoma
    - Lobular carcinoma in situ (LCIS)
    - Invasive lobular carcinoma

- **Less Common forms:**

- Paget's disease of the nipple
    - Inflammatory Breast Cancer



# Breast Cancer Awareness

- Who is at risk?
  - While men can get breast cancer, women are at greatest risk.
    - Breast cancer risk for a man in his lifetime is 1/10<sup>th</sup> of 1% or 1 in 1000. Women are 100 times more likely to be diagnosed in their lifetime.
  - Breast cancer is the second leading cause of cancer death in women.
  - 210,000 women are diagnosed annually, 40,000 of which will die from the disease.



# Breast Cancer Awareness

- Risk factors:

- Age
- Race
- Personal history (If you have previously been diagnosed with cancer in 1 breast you are at greater risk for developing cancer in the other breast.)
- Physical inactivity, obesity
- Alcohol abuse
- Long term hormone replacement therapy
- Positive family history
- Late onset of menopause
- Not having children or having a child late in life



# Breast Cancer Awareness

- **Signs and Symptoms**

- Breast cancer may begin with changes too small to feel.
- A new lump or lump that is painful has changed size or shape.
- Change of breast size and shape.
- Pain in the breast or nipple that does not go away.
- Inflammation, redness, or flaking of skin.
- Presence of blood or fluid that is not milk from nipple while nursing.
- Nipple tenderness followed by an inversion of the nipple.



# Breast Cancer Awareness

- **How to reduce your risks**
  - **Maintain regular exercise and physical activity.**
  - **If you drink alcohol, drink in moderation.**
  - **Get the facts on risks from your healthcare provider associated with hormone replacement therapy (HRT).**
  - **Maintain a healthy body weight**



# Breast Cancer Awareness

- **Be pro-active!**
  - **Schedule annual mammograms beginning at age 40 or age 30 if you have a positive family history.**
    - A mammogram is a series of x-rays or pictures taken of the breasts.
  - **If the results are abnormal follow up with your healthcare provider. Additional testing is sometimes required and may include:**
    - Ultrasound, which is another way to visualize what is inside the breast using sound waves.
    - Biopsy, which is when the clinician takes a small sample of tissue from inside the breast for further testing.
  - **Breast Self Exam (BSE)**
    - Contact your local healthcare provider for informative guides.



# Breast Cancer Awareness

- I have breast cancer, what's next?
  - Treatments
    - Chemotherapy, Radiation, Lumpectomy, Mastectomy
  - Maintain regular contact with your healthcare provider.
  - Join a support group.
  - A cancer diagnoses is not always a death sentence.
  - Stay informed:
    - People Living with Cancer/American Society of Clinical Oncology: 1-888-651-3038
    - American Cancer Society: 1-800-ACS-2345
    - National Cancer Institute: 1-800-4-Cancer
    - Centers for Disease Control and Prevention: 1-800-CDC-INFO

