



BREAST CANCER

WHAT IS IT?

- BREAST CANCER HAPPENS WHEN CELLS IN THE BREAST GROW OUT OF CONTROL
- TYPICALLY OCCURS IN WOMEN OVER 50 YEARS OLD
- HOWEVER, BREAST CANCER RATES ARE INCREASING IN WOMEN UNDER 50
- MEN CAN ALSO DEVELOP BREAST CANCER, BUT IT IS MUCH LESS COMMON

SIGNS AND SYMPTOMS

- CHANGES IN THE SIZE OR SHAPE OF YOUR BREAST
- A MASS OR LUMP IN YOUR BREAST, WHICH MAY FEEL AS SMALL AS A PEA
- BLOOD STAINED OR CLEAR DISCHARGE FROM THE NIPPLE
- CHANGE IN THE APPEARANCE OF THE SKIN ON YOUR BREAST OR NIPPLE
- MARBLE-LIKE HARDENED AREA UNDERNEATH THE SKIN

RISK FACTORS

- INHERITED CHANGES TO CERTAIN GENES LIKE BRCA1 AND BRCA2
- FAMILY HISTORY OF BREAST OR OVARIAN CANCER
- ALCOHOL AND TOBACCO USE
- BEING OVERWEIGHT OR HAVING OBESITY AFTER MENOPAUSE
- USING SOME FORMS OF HORMONE REPLACEMENT THERAPY

DETECTION

- MAMMOGRAMS EVERY 2 YEARS FOR WOMEN WHO ARE 40-74 YEARS OLD AT AVERAGE RISK FOR BREAST CANCER
- BREAST MRI FOR WOMEN WHO ARE AT A HIGH RISK
- SELF EXAM FOR BREAST CHANGES
- CLINICAL BREAST EXAM BY A HEALTHCARE PROVIDER
- GENETIC TESTING FOR BREAST CANCER RISK

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Sources: <https://my.clevelandclinic.org/health/diseases/3986-breast-cancer>
<https://www.cdc.gov/breast-cancer/screening/index.html>

<https://www.nih.gov/news-events/news-releases/incidence-rates-some-cancer-types-have-risen-people-under-age-50>

