

## What is Breast Cancer?

It is a malignant tumor that has developed from the cells in the breast, usually in the tubes that carry milk or the glands that make milk.

### ***Each Year Breast Cancer Affects So Many Lives***

230,480 cases in **WOMEN**

2,140 cases in **MEN**

Over 39,520 **Lives Destroyed**

## Risk Factors

- Family history of breast cancer
- Alcohol use
- Poor diet
- Age
- Weight
- Reproduction and menstrual history



## Minimize your Risk

- ✓ Do the self-breast exam every month beginning at age 20.
- ✓ if you are over 40, Each year you should:
  - ✓ Have a mammogram
  - ✓ Have your doctor do a breast exam
- ✓ Don't panic if you find a lump. Most women have lumps in their breasts all the time.
- ✓ You may want to start a journal to record the findings of your self-exams.
- ✓ Only changes that last beyond one full cycle or seem to get bigger or more prominent in some way need your doctor's attention.
- ✓ Other Diagnostic Tools: Ultrasound, MRI, Biopsy and Hormone Receptors

## Signs and Symptoms

- ☐ You feel something hard on the breasts or under your arms
- ☐ Nipple discharge or tenderness, or it pulls back into the breast
- ☐ The skin looks orange, the nipples feel swollen, red and scaly

