

What You Need to Know About Breast Cancer

What is Breast Cancer?

Breast cancer is a disease where cells in the breast grow out of control and form a mass called a tumor. While it most commonly affects women, people of all genders can develop it. (World Health Organization)

What Are the Signs?

Breast cancer often has no symptoms in its early stages, which is why regular check-ups are vital. When signs do appear, they may include:



New Lumps



Skin Changes



Nipple Discharge



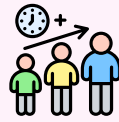
Consistent Pain in Breast



Changes in the size of the breast

Am I at Risk?

Anyone can get breast cancer, but certain factors can increase the chances of breast cancer happening.



The risk increases as you get older, with most cases found in people over age 50.

A family history of breast cancer or inherited gene changes (like BRCA1 or BRCA2), can increase your risk.



Tobacco and excessive alcohol use also have links to increasing the risk of cancers.

Little to no exercise, eating too many calories and storing those calories as excess fat - increases the risk of cancer.



Screening Guidelines

Screening is checking the body for breast cancer- BEFORE you have any symptoms.

The following screening guidelines are for those who are AVERAGE RISK.

Average risk means you do not have a strong family history or any known genetic factors



Begin screening at age 40 and continue until 75.



You should have a mammogram every 2 years

Why Early Detection Matters

Early detection is the most powerful tool in managing breast cancer because it directly impacts both the success of treatment and a person's quality of life

1. Higher chance of survival
2. Simpler treatment options
3. Lower Medical cost

What is a Mammogram?

A mammogram is a low-dose X-ray of the breast tissue. During the procedure, a trained technologist positions your breast on a flat plate. A second plastic plate, called a paddle, is lowered to compress (flatten) the breast for a few seconds. The whole process takes about 15 minutes.