BREAST CANCER FACTS

Breast cancer when cells in the breast begin growing out of control. It can start in one or both breasts.

Breast cancer cells usually form a tumor that can often be felt as a lump, or seen on a mammogram or ultrasound. Breast cancer is most common in women, but men also can get breast cancer.

KEY POINTS

- Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.
- A family history of breast cancer and may increase the risk of developing breast cancer.
- Breast cancer can sometimes be caused by inherited gene mutations.
- Signs of breast cancer include lumps or changes in the breast texture or appearance.
- Breast examinations are used to diagnose breast cancer.
- If cancer is found, tests are performed to study the cancerous cells.
- Certain factors may affect prognosis (chance of recovery) and treatment options.

FACTORS THAT INCREASE RISK

- Personal history of invasive breast cancer, ductal carcinoma in situ (DCIS) or lobular carcinoma in situ (LCIS).
- Personal history of benign (non-cancer) breast disease.
- Family history of breast cancer in a first-degree relative (mother/daughter/sister).
- Dense breast tissue.
- Exposure to estrogen made by the body. This may be caused by menstruating at an early age.
- Older age at first birth or never having given birth.
- Starting menopause at a later age.
- Taking hormones such as estrogen combined with progestin for symptoms of menopause.
- Treatment with radiation therapy to the breast/chest.
- Drinking alcohol.
- Obesity.
- Age is the main risk factor for most cancers. The chance of getting cancer increases as you get older.

LOWER YOUR RISK

- Regular self examination
- Be physically active
- Achieve/maintain a healthy weight
- Do not smoke
- Limit alcohol consumption
- Breast feed if possible
- Annual mammogram
- Genetic counseling
- Prescription medicines such as tamoxifen, ralxoifene and aromatase inhibitors
- Preventative surgery

American Cancer Society

NATIONAL BREAST CANCER FOUNDATION, INC.

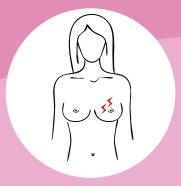
NIH NATIONAL CANCER INSTITUTE

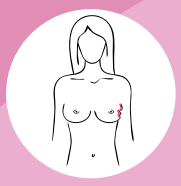
LAWSON CANCER CENTER
PIKEVILLE MEDICAL CENTER

Clinic Bldg. A, 10th Floor
911 Bypass Rd., Pikeville, KY
606-430-2231 | www.pmcky.org/cancer

BREAST CANCER QUICK GUIDE

SYMPTOMS


NIPPLE OR BREAST PAIN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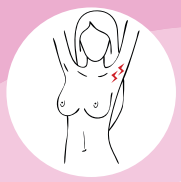
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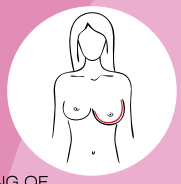
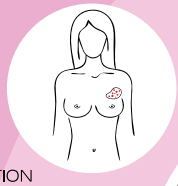

SWELLING OF ALL OR A PART OF A BREAST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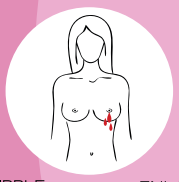
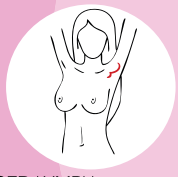
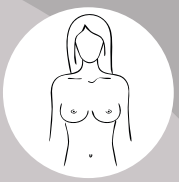

NIPPLE DISCHARGE

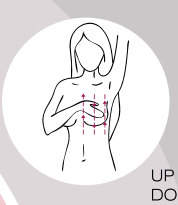

ENLARGED LYMPH NODES IN THE ARMPITS

SELF EXAMINATION

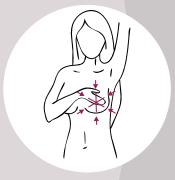

IN FRONT OF THE MIRROR


IN FRONT OF THE MIRROR


EXAMINE ARMPIT


UP AND DOWN


SQUEEZE THE NIPPLE

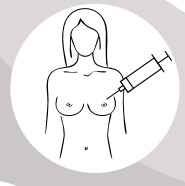

CIRCLES AND WEDGES


IN BED

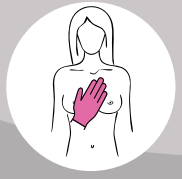


DIAGNOSTICS


MAMMOGRAPHY


BIOPSY


ULTRASONIC RESEARCH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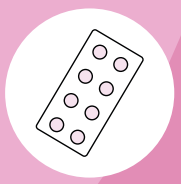
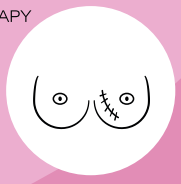
TREATMENTS


RADIATION THERAPY


HARMONAL THERAPY


SECTORAL RESECTION


CHEMOTHERAPY

LAWSON CANCER CENTER
PIKEVILLE MEDICAL CENTER

Scan the code to:

- *schedule your screenings*
- *meet our providers*
- *get support group info and much more*

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