Breast Cancer

Protect yourself: know the facts

What is breast cancer?

Breast cancer begins when cells that are not normal grow inside the breast. **It is the most common cancer among Kentucky women.** Men can develop breast cancer too, but it is rare.

What are the symptoms?

Often, these problems are caused by other health conditions. Women with any of these symptoms should see their health care provider.

- A lump or thickening in or near the breast or underarm area
- A change in the size or shape of the breast
- Nipple discharge (fluid)
- Skin on the breast or nipple that is scaly, red or swollen
- Nipple tenderness

Why is screening important?

Screening means checking for signs of disease before symptoms appear. About one in eight women will have breast cancer in her lifetime. Finding breast cancer early gives you more treatment options and a better chance for survival. "their lifetime" instead of



A mammogram is the best way to find cancer early. It is an X-ray picture of the breast that can find a cancer when it is too small to be seen or felt.

Who is at risk for breast cancer?

- The risk for breast cancer increases with age and most breast cancers occur in women over age 50.
- If you have had the disease before or have a close female relative who has had it.
- Women with naturally firm breasts.
- Women who have never given birth or had their first child at an older age.
- Started menstruation before age 12.
- Went through menopause after age 55.
- If you have taken the hormones estrogen and progesterone together.

The information on this flyer is from the National Cancer Institute, the American Cancer Society, and the Centers for Disease Control and Prevention.

KCP
Kentucky Cancer Program

Breast Cancer

Protect yourself: know the facts

How often should women be screened?

Beginning in their 20s, women should share their medical and family history with their health care provider to help determine their risk for developing breast cancer. Women aged 40 and older should talk with their doctor to decide when to begin mammography screening.

Tips to lower your cancer risk:

- Don't smoke or use tobacco
- Get plenty of exercise
- Eat a healthy diet
- Limit alcohol to one drink a day or less

What if I can't afford the tests?

Most cancer screenings are covered by insurance, Medicare, and Medicaid.

If you do not have insurance, the Kentucky Women's Cancer Screening Program (KWCSP) may be able to help. Call KWCSP at **844-249-0708**. KWCSP is also online at **https://chfs.ky.gov/agencies/dph/dwh/Pages/cancerscreening.aspx**

For additional information:

Pathfinder
A guide to cancer related resources

Visit **www.kycancerprogram.org** and click on the Pathfinder link to find cancer support services and programs near you.

Visit **www.kycancerprogram.org** to connect with your local Regional Cancer Control Specialist.

National Cancer Institute
1-800-4-CANCER, www.cancer.gov
American Cancer Society
1-800-ACS-2345, www.cancer.org
Centers for Disease Control and Prevention
www.cdc.gov

www.kycancerprogram.org
The Kentucky Cancer Program is jointly administered by the University of Kentucky Markey Cancer Center and the University of Louisville Brown Cancer Center.

KCP Kentucky Cancer Program