



BREAST CANCER

Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths.

Risk Factors You Cannot Change

- Family history
- Personal history of breast cancer
- Getting older
- Born with an alteration in the BRAC1 or BRAC2 gene
- Having your first period before age 12
- Starting menopause after age 55
- Atypical hyperplasia of the breast tissue

Risk Factors You Can Change

- Alcohol use
- Weight gain during adult years
- Not bearing children
- Having had your first child after age 30
- Currently or recently using a form of hormone replacement therapy (HRT) for 5 years or longer
- Exposure to large amounts of radiation
- Physical inactivity

Symptoms

- A lump hard knot or thickening
- Change in the size or shape of the breast
- Nipple turned inward into the breast
- Nipple may be scaly, red or swollen
- Dimpling or puckering of the skin
- Nipple discharge
- New pain in one spot
- Swelling, warmth, redness or darkening

If these symptoms persist and are unusual for you, schedule an appointment with your doctor.

Early Detection

- Monthly breast self-examination (BSE) starting by age 20
- Clinical breast exams (CBE) by a trained medical professional annually.
- Annual screening mammography for women 40 and older. Women under 40 who have a family history of breast cancer or other concerns should consult with their doctor to assess when to start getting mammograms and how often to have them.