

Breast Cancer Awareness

Each year, roughly 267,000 Americans are diagnosed with breast cancer, a disease caused by cells in the breast growing uncontrollably. The good news is that there are constantly evolving treatments for breast cancer and methods to catch it early.



ALERT SIGNS

- New lumps in the breast or underarm
- Thickening or swelling
- Irritation, dimpling, redness, or flaky skin in the breast area
- Pain in the breast or nipple area
- Nipple discharge other than milk

TREATMENTS

There are several ways to treat breast cancer, and often a person with breast cancer will receive multiple types of treatment.

- Surgery
- Chemotherapy
- Radiation therapy
- Hormonal therapy
- Biological therapy
- Clinical trials



TESTING GUIDELINES

Mammogram frequency can depend on family history, but general guidance from the Women's Preventive Services Initiative is that they should begin between ages 40 and 50 and continue annually or every other year through at least age 74. Why? According to the American Cancer Society, the 5-year survival rate when breast cancer is detected early is 99%.

SELF-TESTING

There isn't conclusive evidence that regular breast self-examinations help reduce deaths from breast cancer.

However, it is still important for people to be aware of any changes in their breasts' feeling or appearance, as they are early indicators of breast cancer.



TESTING IS FOR EVERYONE!

It's a common misconception that only persons with a uterus get breast cancer. However, everyone is born with breast tissue. Therefore, more than 2,700 persons without a uterus are diagnosed with breast cancer each year. Symptoms are very similar across the board, so speak with your doctor if you notice any changes.