



Breast Cancer

AWARENESS MONTH

What Is Breast Cancer?

- **Breast cancer is the second most common cancer in American woman behind skin cancers. There is a 1 in 8 chance a woman will develop breast cancer sometime in her life.**
- **Breast cancer usually presents itself in the form of a tumor that can be found with a mammogram. While it is rare men can get breast cancer, though it is found almost entirely in woman.**
- **Even though a lump on the breast is a sign of breast cancer, it is important to remember most breast lumps are not cancerous.**



Signs and Symptoms

- **Although regular breast cancer screenings are important, mammograms do not always detect breast cancer. It's important to be aware of changes in your breasts and know the signs and symptoms of breast cancer.**
- **The most common sign of breast cancer is a new lump or mass. A painless hard mass that has irregular edges is more likely to be cancer, but the lump can also be tender, soft, or round. Any new irregularity or breast change should be checked by a health care professional.**
- ***Remember that knowing what to look for does not replace the need for having regular mammograms and other screening tests!**



More Signs and Symptoms

Other possible symptoms include

- **Swelling of all or part of a breast (even if no lump is felt)**
- **Skin dimpling (sometimes looking like an orange peel)**
 - **Breast or nipple pain**
 - **Nipple retraction (turning inward)**
 - **Nipple discharge (other than breast milk)**
- **Swollen lymph nodes (sometimes breast cancer can spread to lymph nodes under the arm or around the collar bone and cause swelling, even before the breast is affected.)**



Early Detection

- **Finding and treating breast cancer early are the most important strategies to prevent fatalities. Catching breast cancer when it's small and hasn't had the chance to spread makes it easier to treat successfully.**
- **Mammograms help find breast cancer early and can often find breast changes years before physical symptoms develop. Mammograms are not perfect and may miss some cancers. Sometimes woman will need more tests to confirm if something found on a mammogram is or is not cancer.**



American Cancer Society Screening Recommendations

- **Women between 40 and 44 have the option to start screening with a mammogram every year.**
- **Women 45 to 54 should get mammograms every year.**
- **Women 55 and older can switch to a mammogram every other year or continue with yearly mammograms. Screenings should continue as long as a woman is in good health and is expected to live at least 10 more years.**

***These guidelines are for woman at average risk for breast cancer. A woman considered to be at average risk does not have personal or strong family history of breast cancer, or a genetic mutation known to increase risk, and has not had chest radiation therapy before the age of 30.**



Lowering The Risk of Breast Cancer

- **There is no sure-fire way to prevent breast cancer, but studies have found there are some things you can do to lower your risk.**
- **Get to and stay at a healthy weight: Both increased body weight and weight gain as an adult are linked with increased risk of breast cancer after menopause.**
- **Be physically active: Moderate to vigorous physical activity is linked with lower breast cancer risk.**
- **Avoid or limit alcohol: Even low levels of alcohol intake have been linked with an increase in risk. For woman that do drink it is recommended that they have no more than 1 alcoholic drink a day.**



Treatment

- **Local treatments**
 - Surgery: Used to remove as much of the cancer as possible and to reconstruct the breast afterwards.
 - Radiation therapy: High energy rays to destroy cancer cells.
- **Systemic treatments**
 - Chemotherapy: Utilizes anti-cancer drugs that are injected into the bloodstream or given by mouth to attack cancer cells.
 - Targeted therapy: Like chemotherapy, targeted therapy uses drugs that enter the bloodstream to target cancer cells.
 - Hormone therapy: Breast cancer cells have receptors (proteins) that attach to hormones which help them grow. Hormone therapy stops the cancer cells and hormones from merging.
 - Immunotherapy: Utilizes medicine to boost a person's immune system to recognize and destroy cancer cells.



Resources

- **American Cancer Society - [cancer.org](https://www.cancer.org)**
- **Unite for HER – [uniteforher.org](https://www.uniteforher.org)**
- **National Breast Cancer Foundation – [nationalbreastcancer.org](https://www.nationalbreastcancer.org)**
- **National Cancer Institute – [cancer.gov](https://www.cancer.gov)**
- **Cancer Financial Assistance Coalition – [cancerfac.org](https://www.cancerfac.org)**



AREUFIT

HEALTH SERVICES, INC.

Mailing Address

The Farmhouse at 1390 Birmingham Road
West Chester, PA 19382

Phone Number

(610) 993 – 9123

Email

Info@areufithealthservices.com

*All info was sourced from the American Cancer Society

www.cancer.org

