

Risk Factors

- Getting older
- Being younger when you first had your menstrual period
- Starting menopause at a later age
- Being older at the birth of first child
- Never giving birth
- Not breastfeeding
- Personal history of breast cancer or some non-cancerous breast diseases
- Family history of breast cancer (mother, sister, daughter)
- Treatment with radiation therapy to the breast/chest
- Being overweight (increases risk for breast cancer after menopause)
- Long-term use of hormone replacement therapy (estrogen and progesterone combined)
- Having changes in the breast cancer-related genes BRCA1 or BRCA2
- Drinking alcohol (more than one drink a day)



Source: American Cancer Society
(www.cancer.org)

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Breast Cancer Awareness



Breast Cancer



Symptoms

There are different warning signs for breast cancer such as a lump, swelling, redness, pain, or nipple discharge. Some people do not have any signs or symptoms at all. A person may find out they have breast cancer after a routine mammogram.

Definitions

Benign (bee-NINE) tumors

Benign tumors are not cancerous. The cells of a benign tumor do not invade nearby tissue or spread to other parts of the body. When these tumors are removed, they typically do not reappear.

Malignant (ma-LIG-nant) tumors

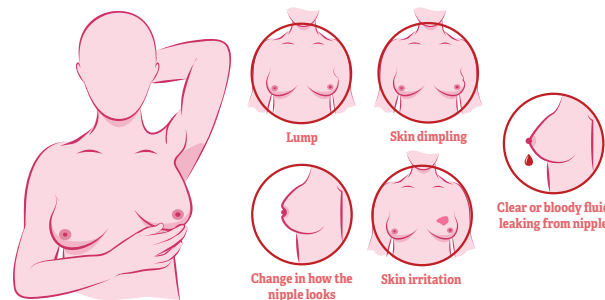
Malignant tumors consist of abnormal cells that are cancerous. These tumor cells can invade nearby tissue and spread to other parts of the body. A malignant tumor that develops in the breast is called breast cancer.



Screening

Breast cancer screening means checking a woman's breast for cancer before there are signs or symptoms of the disease. Three main tests are used to screen the breasts for cancer:

- **Mammogram:** A mammogram is an X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. **A mammogram screen should be done every two years between the ages of 50-74. Women ages 40-49 should talk to their doctor about when to have a mammogram.**
- **Clinical:** A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- **Breast self-exam:** A breast self-exam is when a woman checks her own breasts for lumps, changes in size or shape of the breast, or other changes in the breasts or underarm (armpit).



Library Resources

BOOKS	
Title	Call Number
Straight Talk About Breast Cancer	616.994 Straight
Breast Cancer: The Complete Guide	616.994 Hirshaut
You Can Do This!	362.196 Daniels
Yoga and Breast Cancer	618.994 Kollak
DVD	
Pink Ribbons, Inc	616.994 Pink

Resources

- All Women Count! (financial assistance for Pap tests and mammograms to women who meet income and age guidelines)
- American Cancer Society
- Centers for Disease Control and Prevention
- National Cancer Institute, National Institutes of Health
- South Dakota Department of Health

Medications



Breast Cancer Awareness



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