

Fast Facts

Breast Cancer

- Breast cells grow abnormally
- Cancer cells can spread to other parts of the body and this is known as metastasis
- Several different types of breast cancer: angiosarcoma, ductal carcinoma in situ (DCIS), inflammatory breast cancer, invasive lobular carcinoma, male breast cancer, Paget's disease of the breast and recurrent breast cancer
- Most often, breast cancer affects women and begins in the cells of the milk-producing ducts
- No specific cause, but it is thought that it is related to your genetics and environment
- Risk factors: being female, increase as you age, history of breasts problems, begin your period under the age of 12, don't start menopause until you are older, have never been pregnant, have your first child after the age of 30, being obese or drinking alcohol

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Lump or thickening that feels different from the surrounding area -Breast changes in size, shape or appearance -Skin over your breast changes (ex. dimpling) -Nipple becomes inverted when it hasn't before -Skin of breast peels, has scales, crusting or flaking -Skin of breast looks like the outside peel of an orange (red and pitting) 	<ul style="list-style-type: none"> -Stages range from 0 – IV -Surgery -Radiation Therapy -Chemotherapy -Hormone Therapy -Palliative Care -Counseling 	<ul style="list-style-type: none"> -Early screenings -Self-breast exams -Clinical breast exams -Mammograms -Drink alcohol only in moderation -Maintain a healthy weight by exercising and eating a healthy diet -Limit the amount of hormonal therapy if you are menopausal <p>High Risk Women:</p> <ul style="list-style-type: none"> -Preventive medications (these often have some form of chemotherapeutic agent in them, so they are not recommended for lower risk women) -Preventive surgery (removal of healthy breasts)

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