

Breast Cancer Awareness

October 26, 2023



Concepts Taught:

- What breast cancer is and common signs and symptoms.
- Factors that increase or decrease risk of developing breast cancer.
- How to complete a breast self-exam and how often, when and how to get a mammogram.
- How breast cancer is treated.
- How to find a provider and other resources on breast cancer.

What is breast cancer?:

- A type of cancer that can start in one or both breasts.
- Cancer starts when cells begin to grow out of control.
- Breast cancer can be found in different areas of the breast.

Risk Factors:

- Family history of breast or ovarian cancer, dense breast on mammography
- Increasing age, certain genetic mutations, a personal history of noncancerous breast disease
- Lifestyle factors: smoking, alcohol, body weight, stress, diet, breastfeeding

Signs and symptoms:

- Most common: a new lump
- Other symptoms:
 - Swelling in the breast
 - Skin dimpling (like an orange peel)
 - Pain in breast or nipple
 - Nipple turning inward
 - Nipple or breast skin that is red, dry or thickened
 - Nipple discharge (not breastmilk)
 - Swollen lymph nodes under arm or near collar bone

How is breast cancer found?:

- **Mammograms!** Also, important to know how your breast normally look so you can report changes.
- Recommend to begin breast cancer screening at 45. Option to start at 40.

Checking your breast - easy as TLC

- **Touch both breast:**
 - Using flat fingers/palm, press firmly along breast and even up to collarbone and into armpits.
- **Look in a mirror:**
 - Raise arms above your head. Does this change appearance of breasts or nipples?
- **Check with your doctor:**
 - Tell your doctor about all changes even if you've had a mammogram recently.

Treatment options:

- Local treatment:
 - Treat the tumor without affecting the rest of the body.
 - Examples: surgery and radiation.
- Systemic treatment:
 - Treats cancer cells almost anywhere in the body.
 - Examples: chemotherapy, hormone therapy and immunotherapy

Schedule a mammogram:

- <https://www.bronsonhealth.com/services/schedule/mammogram/>

Find a provider:

- Call Bronson HealthAnswers at (269) 341-7723 or email answers@bronsonhg.org.

Resources:

- www.cancer.org
- www.nationalbreastcancer.org
- www.mayoclinic.org
- www.cdc.gov
- www.breast360.org