

Learn about breast cancer

Breast cancer occurs when abnormal cells grow out of control in one or both breasts. The cells can invade nearby tissues and form a mass, called a malignant tumor. Cancer cells can then spread to the lymph nodes and other parts of the body.

The most common type of breast cancer begins in the ducts of the breast. This is called ductal carcinoma.

What causes breast cancer?

We don't know exactly what causes breast cancer. But some things, or risk factors, are known to increase the chance that you will get it. Risk factors that you cannot change include getting older and your family history. Risk factors you may be able to change include being overweight, not getting enough physical activity, high alcohol use, and hormones.

But many women who have risk factors don't get breast cancer. And many women who get breast cancer don't have any known risk factors other than being female and getting older.

What are the symptoms?

The most common symptom is no symptom. Mammograms often find lumps before you can even feel them.

Other symptoms include:

- A change in the way the breast feels. The most common symptom is a painless lump or thickening in the breast or underarm.
- A change in the nipple. It may turn in or the skin around the nipple may look scaly.
- A change in the way the breast looks. The skin on the breast may dimple or look like an orange peel. There may be a change in the size or shape of the breast.
- A green or a bloody fluid that comes out of the nipple.

See your healthcare provider if you notice any of these changes.

See the other side to learn more about early detections and ways you can reduce your risk of breast cancer.



**During a physical exam,
your healthcare provider can
check your breasts to look for
lumps or changes.**

Steps to prevention

Get screened

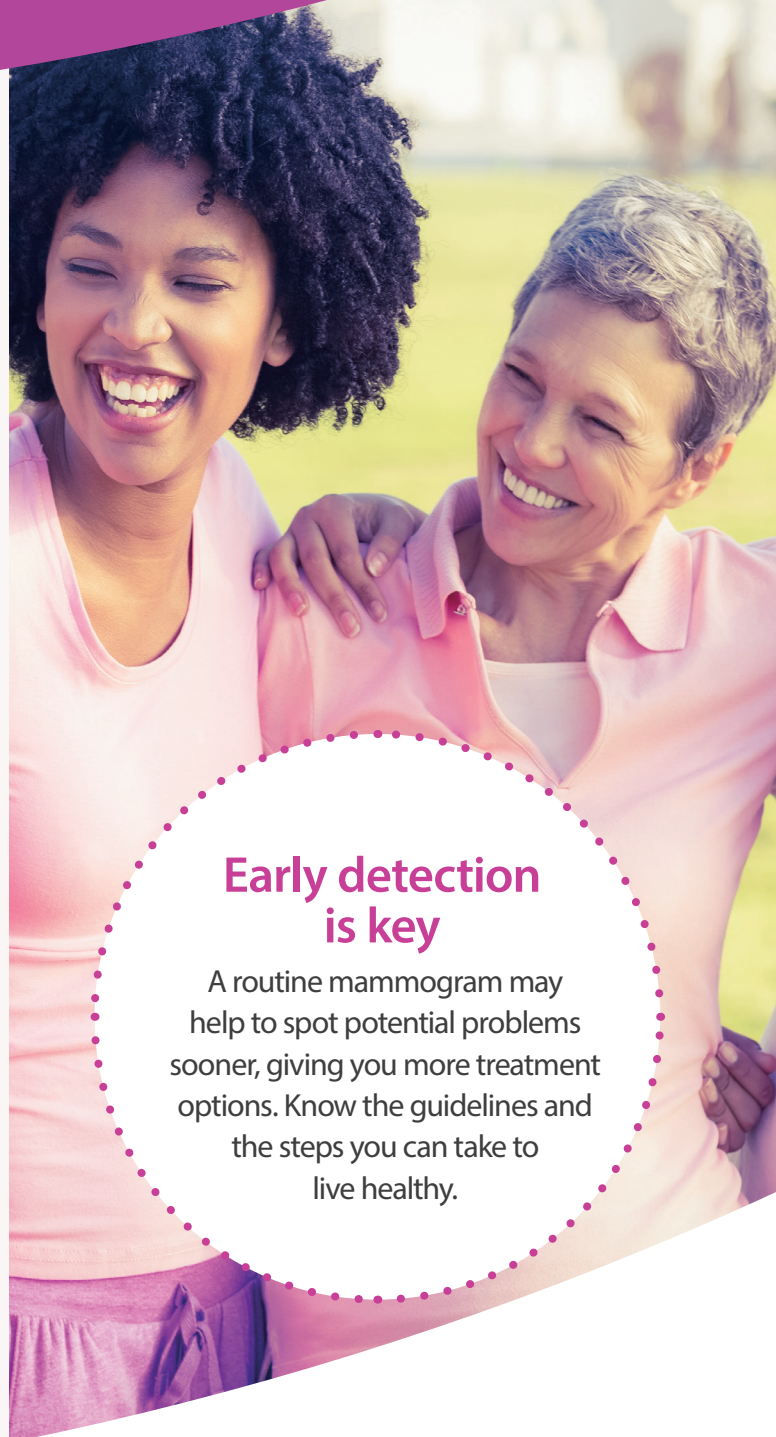
Prevention may save your life! Breast cancer screening guidelines for women at average risk for breast cancer generally recommend the following:

Age	How often
Women ages 40-49	Talk with your doctor about when to start getting mammograms and how often to get them
Women ages 50-74	Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

It's a good idea to ask your doctor or healthcare provider about office visit exams, as well. Many doctors recommend a yearly exam.

Simple lifestyle changes can help reduce the risk of cancer to enjoy better health

- Maintain a healthy weight for your height and age. Less fat means lower estrogen levels and a lower cancer risk.
- Exercise for at least 30 minutes a day. Walk, run, bike, go to the gym – it all works!
- Limit alcohol to two to three drinks per week.
- Still smoking? Think about getting the help you need to quit.



Early detection is key

A routine mammogram may help to spot potential problems sooner, giving you more treatment options. Know the guidelines and the steps you can take to live healthy.