



BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month

Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Breast cancer is a life-threatening illness, but it can also be treatable with early detection and other preventative measures.



WHAT IS BREAST CANCER

Breast cancer is a disease in which breast tissue cells start growing abnormally and uncontrollably.

The most common form of breast cancer is **Ductal Carcinoma**, which begins with cells in the breast ducts, tubes that carry breast milk to the nipple.

Less common forms of breast cancer include **Lobular Carcinoma**, which begins in the lobules – tissues that make breast milk – and inflammatory breast cancer, which causes the breast to become red, swollen and abnormally warm.

Rare forms of breast cancer include those in other types of cells (such as lymph/blood vessels or connective tissues within the breast) and breast cancer in men.

Symptoms & Signs of Breast Cancer

The most common symptoms of breast cancer include:

- Feeling a lump in the breast area, with or without pain
- Change in breast shape or size

- Dimple or puckering in breast
- A nipple turning inward into the breast
- Nipple discharge other than breast milk, especially if it is bloody
- Scaly, red, darkened, or swollen skin in the breast area
- Itchy, scaly sore or rash on the nipple
- Dimple, pitted appearance or feel (similar to an orange peel) in the breast area
- Swollen or enlarged lymph nodes around the breast area, including the collarbone and armpits

Improve Your Chances of Staying Breast Cancer Free

There are many steps you and your loved ones can take to improve your chances of staying healthy:

- **Conduct monthly self-exams.** In addition to medical screenings, the National Breast Cancer Foundation and many medical professionals recommend a monthly self-exam.
- **Quit smoking.** According to the National Cancer Institute (NCI), smoking is a significant risk factor for breast and many other types of cancer. Non-smokers are at lower risk than smokers regardless of your age or how long you have been a smoker.
- **Exercise more.** Regular exercise and a healthy diet can also lower your risk factors.

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