

Breast Cancer

#1 Important Facts^{1,8}

- Aside from skin cancer, breast cancer is the most common cancer among women in the United States.
- Breast cancer deaths have declined over time but remain the 2nd leading cause of death among women overall.
- Breast cancer is the leading cause of death among Hispanic women.
- In the United States, approximately 245,000 cases of breast are diagnosed each year.
- Breast cancer can begin in different areas of the breast such as in the ducts, the lobules, or in some cases, the tissue in between.



#3 Symptoms^{1,2}

Unusual changes in the breast can include:

- swelling of all or part of the breast
- skin irritation or dimpling
- breast pain
- nipple pain or the nipple turning inward
- redness, scaliness, or thickening of the nipple or breast skin
- a nipple discharge other than breast milk
- a lump in the underarm area

#2 Risk Factors^{2,5}

Risk Factors You Cannot Change

- Getting older
- Have a known BRCA1 or BRCA2 gene mutation (need a genetic test for this)
- Having dense breast tissue
- Personal History of breast cancer or certain non-cancerous breast diseases
- Family history of breast cancer
- Not having children
- Taking birth control
- Previous treatment using radiation therapy
- Women who took the drug diethylstilbestrol DES

Risk Factors You Can Change

Ways to Reduce Your Risk for Breast Cancer



Keeping a healthy weight.



Exercising regularly.



Getting enough sleep.



Limiting alcohol intake.



Breastfeeding your babies.



www.cdc.gov/BringYourBrave
#BringYourBrave



American Cancer Society Recommendations for the Early Detection of Breast Cancer
 Guideline for women at *average risk* for breast cancer

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Ages 40 – 44

Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



Ages 45 – 54

Woman should get mammograms every year.



Age 55 and older

Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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#5 Treatment ⁶

There are many ways to treat breast cancer. They depend on what kind of breast cancer and how much it has spread.

- Surgery
- Chemotherapy
- Hormone Therapy (blocks the cancer from getting the hormones they need to grow)
- Biological Therapy (uses the immune system to fight the cancer cells)
- Radiation Therapy

The best protection is early **detection**

More white people than black people survive 5 years or longer after being diagnosed with many common cancers.

Better screening and treatment could help narrow the gap.

References

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#4 Screenings ³

There are several ways to check for breast cancer:

- Self Examination – monthly examinations that help you to detect any changes in appearance or feel of your breast tissue. It can be done in the shower, lying down or standing in front of a mirror.
- Mammography – x-ray that examines breast tissue for suspicious areas
- Diagnostic Ultrasound – use of a sonogram (scan that uses sound waves to take pictures of an area) to detect abnormalities in the breast tissue

#6 Community Partners

Good Samaritan Health Center

1015 Donald Lee Hollowell Pkwy. NW
 Atlanta, GA 30318
www.goodsamatlanta.org

Phone: 404-523-6571

Sisters By Choice

5910 Hillandale Drive, Suite 104
 Lithonia, GA 30058
www.sistersbychoice.org

770-987-2951

Urban Health & Wellness

859 Metropolitan Pkwy SW
 Atlanta, GA 30310
www.uhw.clinic

404-618-6983

Center for Black Women's Wellness

477 Windsor St SW
 Atlanta, GA 30312

www.cbww.org

404-688-9202



Owner of Grady Health System

145 Edgewood Avenue- 2nd Floor Atlanta, GA 30303
 Phone: 404-489-1234 Fax: 404-489-1250
www.thefdha.org



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