Breast Cancer

#1 Important Facts

• 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.

#2 Risk Factors

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

#3 Symptoms

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
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

### Screenings

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

### Community Partners

- **Good Samaritan Health Center**
  1015 Donald Lee Hollowell Pkwy. NW
  Atlanta, GA 30318
  [www.goodsamatlanta.org](http://www.goodsamatlanta.org)
  Phone: 404-523-6571

- **Sisters By Choice**
  5910 Hillandale Drive, Suite 104
  Lithonia, GA 30058
  [www.sistersbychoice.org](http://www.sistersbychoice.org)
  Phone: 770-987-2951

- **Urban Health & Wellness**
  859 Metropolitan Pkwy SW
  Atlanta, GA 30310
  [www.uhw.clinic](http://www.uhw.clinic)
  Phone: 404-618-6983

- **Center for Black Women's Wellness**
  477 Windsor St SW
  Atlanta, GA 30312
  [www.cbww.org](http://www.cbww.org)
  Phone: 404-688-9202

### References

1. Information Retrieved from [https://www.breastcancer.org/symptoms/types](https://www.breastcancer.org/symptoms/types)