

Breast Cancer

Fact Sheet

What is breast cancer?

Breast cancer is cancer that forms in the tissues of the breast. Breast cancer is the most common cancer in women, but men can also get breast cancer. Over the course of her lifetime, one in eight women will be found to have breast cancer. Screening for breast cancer is very important, because some women do not have symptoms of breast cancer. If symptoms occur, they may include:

- ◆ a lump in the breast that is firm to touch
- ◆ a change in size or shape of the breast
- ◆ liquid coming from a nipple
- ◆ a lump in the armpit
- ◆ a change in the color or feel of the skin of the breast or nipple



- ◆ Not getting enough exercise
- ◆ Drinking more than one alcoholic drink a day
- ◆ Taking a medicine of estrogen and progesterone to help with symptoms from the change of life (menopause)

How can I lower my risk for breast cancer?

- ◆ Eat a low fat, high fiber diet. Include fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats in your diet.
- ◆ Keep a healthy weight for your height
- ◆ Exercise for 30 minutes a day
- ◆ Have only one drink with alcohol a day

What are the risk factors for breast cancer?

- ◆ Family history of breast cancer
- ◆ Women who started their period before age 12 or menopause after age 55
- ◆ Over 50 years old
- ◆ Women who have had no children or had their first child after age 30
- ◆ Being overweight or obese

Don't wait for symptoms. Talk to your healthcare provider about your family health history. Find out what you can do to reduce your risk of disease or detect it early.

For more information about breast cancer:

- ◆ Susan G. Komen Breast Cancer Foundation www.komen.org
- ◆ National Cancer Institute <http://www.cancer.gov/cancertopics/types/breast>