



WHAT IS BREAST CANCER?



- Cancer that forms in the cells of the breast.
- Abnormal breast cell growth that forms a lump.
- Can spread to lymph nodes and other parts of the body.

Who gets breast cancer?

- Men and women both get breast cancer.
- Women with family history of breast cancer or other cancers.

What are the symptoms?

- Change in size, shape, skin, or appearance of a breast or breasts.
- Swelling of all or part of a breast.
- Skin changes such as swelling or redness of the breast.
- Breast or nipple pain.
- Discharge from the nipple.
- Swollen lymph nodes.

Can it be found early?

- Breast cancer is sometimes found after symptoms appear, but many women have no symptoms. This is why regular breast cancer test is so important, to find the cancer earlier when it is easier to treat.

Who should get tested?

- Most women who are 50 to 74 years old should have a test every two years.
- If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a test.

What can I do to reduce my risk?

There is no sure way to prevent it. However, there are things you can do that might lower your risk.

- Get to and maintain a healthy weight.
- Get at least 150 to 300 minutes of physical activity each week or 75 to 150 minutes of high intensity activity (running, jogging) each week.
- Limit alcohol intake.
- Women who breastfeed for at least several months may also get an added benefit of reducing their risk.

What tests are available?

Talk to your doctor about which test are right for you.

- Clinical Breast Exam is an exam by a doctor or nurse, who uses his/her hands to feel for lumps or other changes.
- Mammogram is an x-ray picture of the breast. The doctor use it to look for early signs of breast cancer.
- Breast Magnetic Resonance Imaging (MRI) uses magnets and radio waves to take pictures of the breast.

If you are 50-74 years old, talk to your care provider or call your local IHS, tribal or urban Indian health clinic to schedule a mammogram.

