

# Breast Cancer

Breast Cancer is the number one cancer diagnosed and the second leading cause of cancer deaths in women.

A woman has a one in eight chance of developing breast cancer sometime during her life.



When breast cancer is found and treated early, the five- year survival rate is 98 percent.

## Signs and Symptoms

- Changes in skin color and/or texture such as redness, rash or orange peel appearance.
- Changes in size or shape of breast including swelling, dimpling or puckering.
- Change in the appearance of nipple including nipple that is turning inward that normally has pointed outward or is scaly or cracked.
- Spontaneous nipple discharge.
- Lump or thickening in or near breast or in the underarm area.

## Early Detection is Your Best Protection

**Clinical Breast Exam.** A clinical breast-exam is when a health-care provider looks for and feels for any changes in your breasts.

**Mammogram.** A mammogram is an x-ray of the breast. It can detect breast cancer two to three years before a lump can be felt.

### Take Charge.

- Every woman needs to talk to her health-care provider about her risk factors for breast cancer to determine when to begin and how often to have clinical breast exams and mammograms. It is also important for women to be aware of what is normal for them and to see their health-care provider if they notice any breast changes.
- Check with your health insurance company to find out what your insurance covers.
- Breast Cancer Screening ~ Do it for yourself...Do it for your family!

For links to more information regarding breast cancer go to: [www.ndcancercoalition.org](http://www.ndcancercoalition.org) (click on Resources tab).

\*If eligible, *Women's Way*, North Dakota's Breast and Cervical Cancer Early Detection Program, may provide a way to pay for breast cancer screening services. Call 1.800.44 WOMEN to see if you qualify.

## Are You at Risk?

Risk factors may increase your chances of developing breast cancer. However, just because you have a risk factor does not mean that you will get breast cancer. Also, women without any risk factors other than being a woman and getting older can develop breast cancer. Men may also develop breast cancer, although it is less common.

Risk factors include:

- Being a woman.
- Being older than 50 – the risk of breast cancer increases with age.
- Having a personal and/or family history of breast cancer.
- Having dense breasts
- Genetic mutation of the genes BRCA 1 and 2.
- Taking hormone replacement therapy for more than five years.

*Planning for a cancer-free future.*

Developed by the North Dakota Cancer Coalition.

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