

BREAST CANCER AWARENESS

Breast cancer occurs when cells within the breast begin to grow abnormally, dividing more rapidly than healthy cells and accumulate to form a lump or mass. These cells may spread – or metastasize – through the breast to lymph nodes or other areas of the body.¹

Breast cancer is the second-most common cancer diagnosed in women in the U.S. While breast cancer can occur in both men and women, it is far more common in women. Hormonal, lifestyle, and environmental factors may increase the risk of developing breast cancer. By raising awareness and research funding, survival rates have also risen, through various diagnostic and treatment options.¹

Risks^{1,2}

- Being female
- Increasing age
- Personal history of breast conditions/breast cancer
- Family history
- Radiation exposure
- Obesity
- Starting menstruation at a young age
- Beginning menopause at an older age
- Having first child at an older age
- Having never been pregnant
- Postmenopausal hormone therapy
- Drinking alcohol excessively
- Having dense breasts

Symptoms^{1,2}

- Lump in the breast or underarm
- Thickening that feels different than surrounding tissue
- Change in size, shape, or appearance of a breast
- Changes to the skin over the breast, like dimpling
- Newly inverted nipple
- Peeling, scaling, or crusting of the pigmented area of skin of the areola or breast skin
- Redness or pitting of the skin over the breast, like skin of an orange
- Pain in the breast area
- Nipple discharge other than breast milk

As of January 2021, there are more than **3.8 million** women with a history of breast cancer in the US.

This includes women currently being treated and those who have finished treatment.³

Prevention^{1,2}

- Discuss breast cancer screening with your doctor
- Become familiar with your breasts by occasionally inspecting breasts during a self breast exam. If you notice any changes or a mass, talk to your doctor promptly
- Drink alcohol in moderation, if at all
- Exercise regularly
- Talk with your doctor about the benefits and risks associated with postmenopausal hormone therapy
- Maintain a healthy weight
- Choose a healthy diet
- For women at high risk, you may discuss options with your doctor to reduce your risk, such as, preventative medications (chemoprevention) or preventative surgery (prophylactic mastectomy)

1 in 8

women in the U.S. will develop breast cancer over the course of her lifetime.³

1 in 100

breast cancer diagnoses in the U.S. is found in a man.²

In 2021, an estimated **281,550**

new cases of breast cancer were expected to be diagnosed in women in the U.S.³

In 2021, about **2,650** new cases of breast cancer were expected to be diagnosed in men in the U.S.³

In 2021, an estimated **43,600** women in the U.S. were expected to die from breast cancer.³

Treatment²

- Surgery to remove the cancerous tissue
- Chemotherapy to shrink or kill cancer cells by using specialty medication
- Hormonal therapy to stop cancer cells from growing
- Biological therapy to help the immune system fight cancer cells or to control side effects from other treatment options
- Radiation therapy to kill cancer cells by using high-energy rays

Sources:

1 Breast Cancer. <https://mayoclinic.org/3j2NvTw>

2 Breast Cancer. <https://bit.ly/3FMypLR>

3 U.S. Breast Cancer Statistics. <https://bit.ly/30tL4mL>