

# BREAST CANCER SCREENING AND PREVENTION



Early detection and treatment of breast cancer increases chances of successful recovery.

The cancer might be detected as a lump that you can feel under the skin of your chest or armpits.



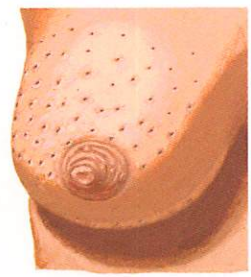
As cancer grows, it can change how your breast looks.



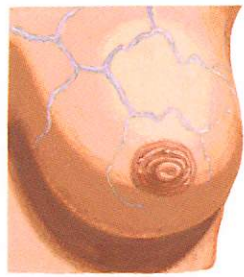
Dimpling of skin



Nipple inversion



Orange peel appearance



Enlargement and dilation of blood vessels

## What Is Breast Cancer?

Breast cancer is abnormal growth of cells in the breast (ducts, lobules, or other tissues). It is the most common cancer in women in the United States. It is the second most common cause of cancer-related death in women, and the main cause of death in women aged 45 to 55. Each year, about 200,000 American women are diagnosed with breast cancer, and more than 40,000 die of this disease. Breast cancer occurs 100 times more often in women than in men.

Even though the number of new cases of breast cancer is rising, the death rate dropped about 20% in the past 20 years. This drop is partly because increased screening catches the disease earlier, so chances of recovery are higher.

Women with a strong family history of breast or ovarian cancer should talk with the doctor about whether blood testing for familial breast cancer is a good idea, to check for genes called BRCA1 and BRCA2.

A higher risk of breast cancer may be related to, among other factors, having previous breast cancer, age (especially older than 50), first menstrual period at a young age (12 or younger), menopause (when periods stopped) after age 55, and taking high-dose estrogen after menopause.

## What Are the Symptoms of Breast Cancer?

Early breast cancer usually does not cause pain and may cause no symptoms. About 10% of people have no pain or lumps or any other sign of a problem with the breasts.

A growing breast tumor, however, can cause changes that both women and men should watch for:

- A lump or thickening (mass, swelling, skin irritation, or distortion) in or near the breast or under the arms
- A change in breast size or shape
- A change in color or feel of the skin of the breast, areola, or nipple (dimpled, puckered, or scaly)
- Nipple discharge, erosion, inversion, or tenderness