



31 Surprising Facts About Breast Cancer

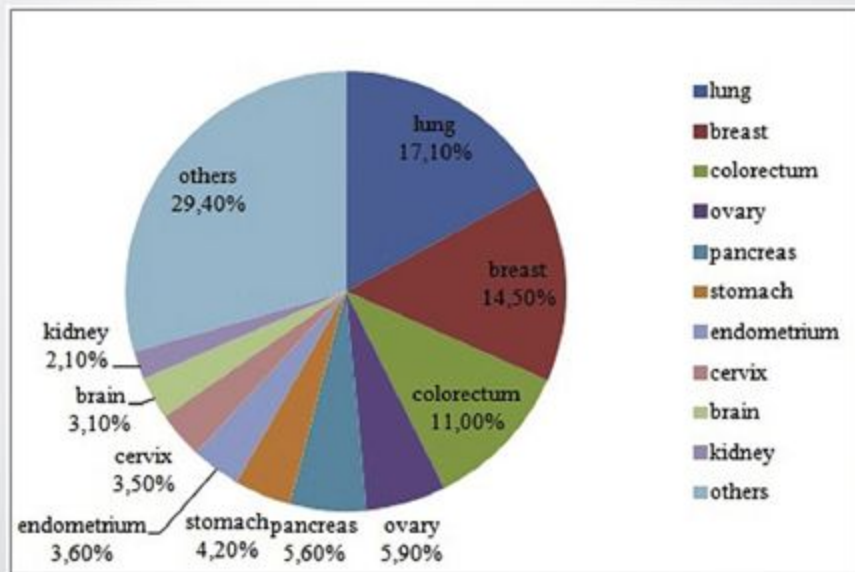
ONE FOR EACH DAY OF OCTOBER

"BREAST CANCER AWARENESS MONTH"

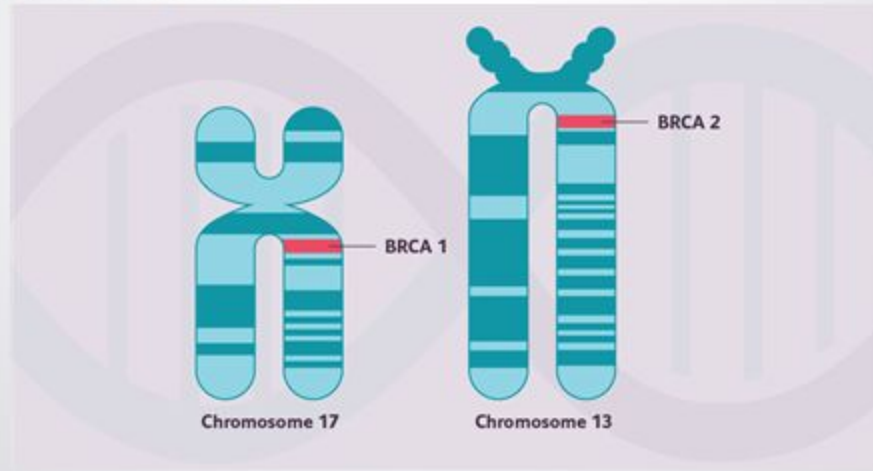
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1. Breast cancer is the second leading cause of cancer death in women, second only to lung cancer

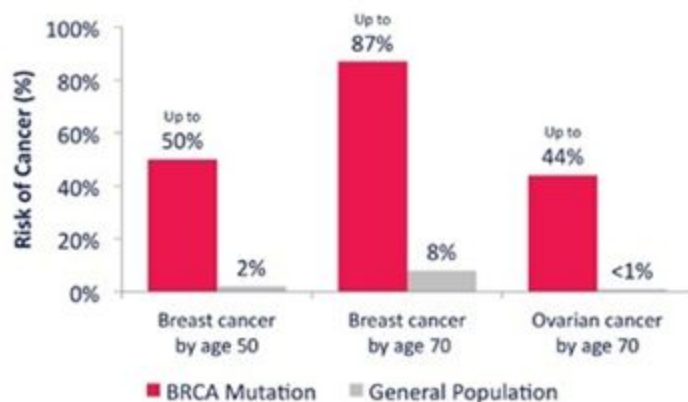


2. About 5 to 10 % of breast cancers can be traced to specific, inherited gene mutations, such as the BRCA1 and BRCA2 gene mutations. Fewer than 1% of the general population have a BRCA mutation.



3. Women with a BRCA1 or BRCA2 gene mutation are more likely to be diagnosed with breast cancer at a younger age, as well as developing cancer in both breasts.

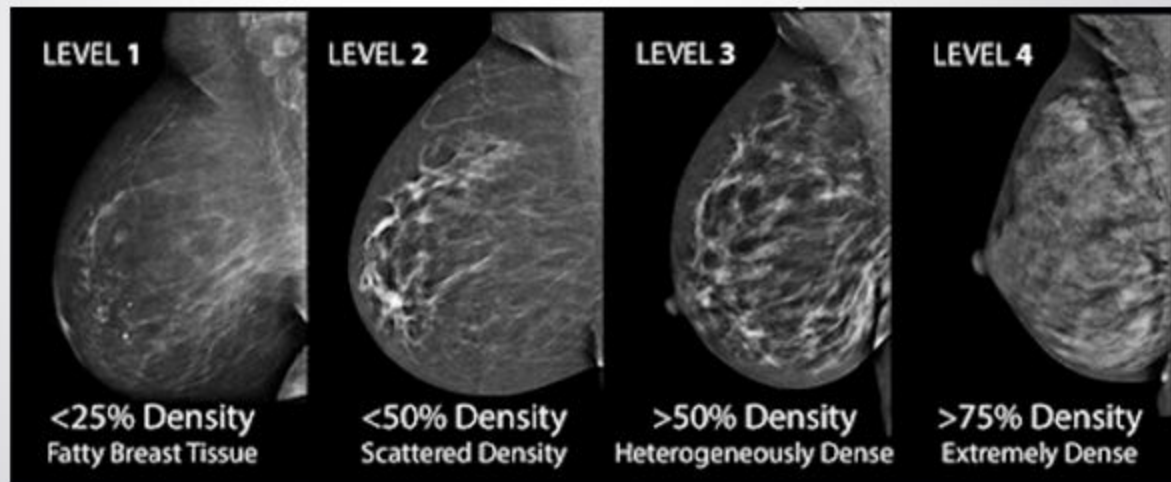
BRCA MUTATIONS INCREASE BREAST AND OVARIAN CANCER RISKS



4. Women of Ashkenazi Jewish heritage are at higher risk of having BRCA mutation



5. Women with dense breasts (more glandular and fibrous tissue and less fatty tissue) on mammograms have a risk of breast cancer that is about 1.5 to 2 times that of women with average breast density



6. Breast cancer has been called the “nun’s disease” because of the high number of nuns affected



7. Breast cancer occurs in both dogs and cats; it tends to be far more aggressive in cats



8. Wasp dung was used as a treatment for breast cancer



9. The first record of a mastectomy offered for breast cancer was over 1,500 years ago. The first record of a breast mastectomy was in A.D. 548 on Theodora, Empress of Byzantine



10. Men get breast cancer too. A man's lifetime risk of breast cancer is about 1 in 1,000. Having a male relative who's had breast cancer increases the female's chances



11. Breast cancer is (5-10%) more common in the left breast than the right



12. Women who have had more menstrual cycles because they started menstruating early (especially before age 12) or went through menopause later (after age 55) have a slightly higher risk of breast cancer — likely because of a longer lifetime exposure to the hormones estrogen and progesterone.



13. Most women now survive breast cancer (at least in developed countries, below 40% in developing countries)



14. Night shift work may increase risk of breast cancer



15. Breast cancer doesn't always come in the form of a lump

- *Lump in your breast
- *Swelling in or around your breast, collarbone or armpit
- *Skin thickening or redness in or around your breast
- *Breast warmth and itching
- *Nipple changes or discharge
- *Breast pain lasting for more than three to four weeks



16. Wearing a bra does not cause breast cancer



17. Using underarm antiperspirant does not cause breast cancer



18. Carrying your cell phone in your bra does not cause breast cancer



19. Consuming too much sugar causes breast cancer



20. Annual mammograms does not guarantee that breast cancer will be found early



21. Treatment plans vary widely depending on the characteristics of the cancer and patient preferences



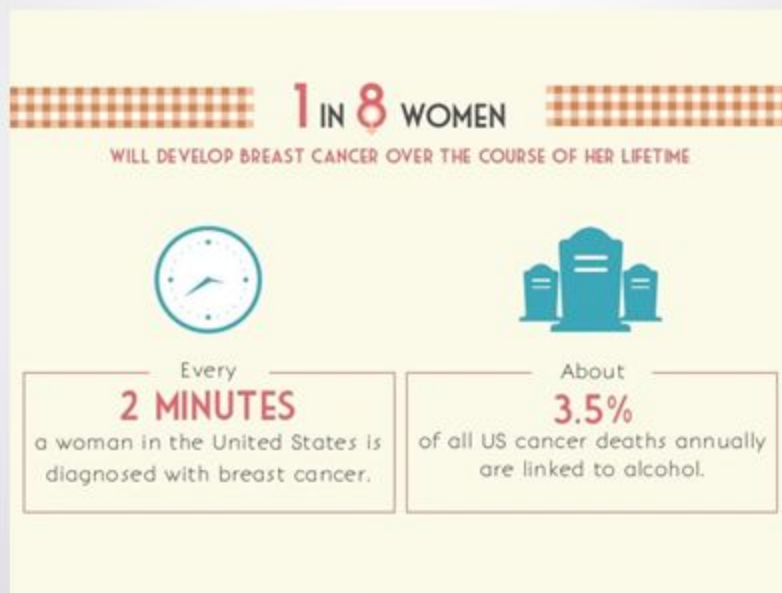
22. Younger women can and do get breast cancer,
as do men



23. When treatment is over, you're NOT finished with breast cancer. Breast cancer can have a long-term impact on people's lives and well-being



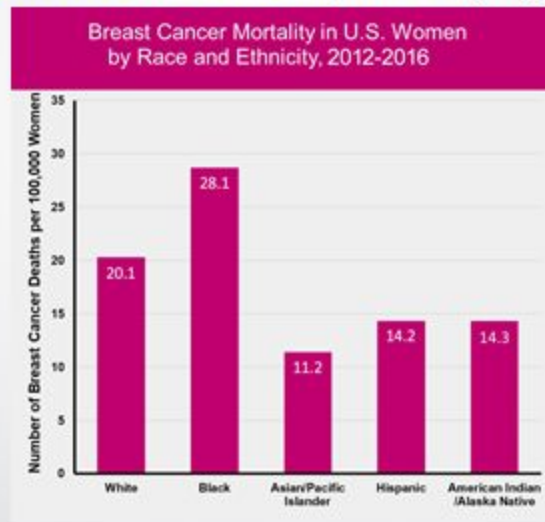
24. Every 2 minutes, a woman is diagnosed with breast cancer in the US



25. Every minute, somewhere in the world, a woman dies from breast cancer. That's more than 1,400 women every day



26. While non-Hispanic white women have higher rates of breast cancer incidence, African-American women have a higher incidence rate before age 40 and are more likely to die from breast cancer at every age



27. Research suggests breastfeeding for a year or more slightly reduces overall risk of breast cancer — about a 4.3 percent reduction for every 12 months of breastfeeding



Breastfeeding
reduces the mother's risk of:

- ▼ breast and ovarian cancer
- ▼ cardiovascular disease
- ▼ obesity
- ▼ osteoporosis

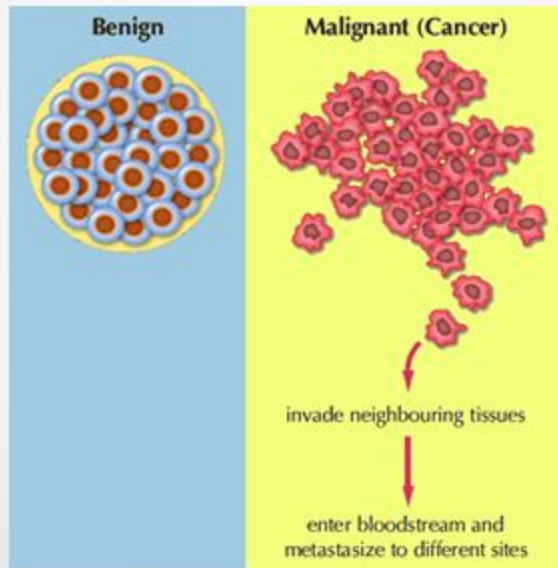
 **World Health Organization**
REGIONAL OFFICE FOR **Europe**



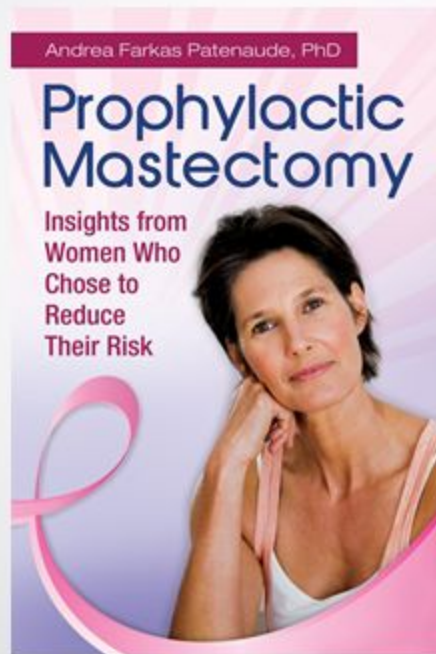
28. Exercise reduces breast cancer risk for women of all body types — even lean women. Exercise is also beneficial to breast cancer survivors



29. Not all breast tumors are cancers



30. Breast cancer risk-reducing surgery is 90 to 95% effective



31. Breast pain is common and usually not a sign of breast cancer



BREAST CANCER RISK FACTORS **YOU CANNOT CHANGE**



Being born
female



Getting
older



Inheriting
certain gene
changes



Having a family
history of breast
cancer



Having a
personal history
of breast cancer



Your race and
ethnicity



Having dense
breast tissue



Having certain
benign breast
conditions



Starting menstrual
periods early
(before age 12)



Going through
menopause after
age 55



Having radiation
to your chest



Exposure to
diethylstilbestrol
(DES)

Source: American Cancer Society

