

Breast Cancer 101

October is Breast Cancer
Awareness Month



With early detection and treatment, improved outcomes are possible

- Breast Cancer is one of the most common cancers in the U.S., regardless of race or ethnicity
- Breast Cancer can occur in both men and women, but it is far more common in women
- Breast Cancer survival rates are increasing due to early detection, awareness, and improved treatment

CAUSES OF BREAST CANCER

The exact cause is not known

- It is likely that breast cancer is a complex interaction of your genetic makeup, hormonal, lifestyle and environmental factors.
- It is not clear why some people with no risk develop cancer, yet other people with risk factors never do.

RISK FACTORS

- Gender
- Age becomes an increased risk as one ages
- Family history
- Genetic changes (BRCA 1 or BRCA 2 gene)
- Previous history of breast cancer
- Dense Breasts
- Hormone use such as long term contraceptive use or Hormone Replacement Therapy (HRT)
- Lifestyle and environmental factors such as obesity, radiation exposure, having never been pregnant, drinking alcohol and smoking

TYPES OF BREAST CANCER

- Ductal - develops in the ducts that carry milk
- Lobular - develops in the milk glands
- Inflammatory - rare and rapidly developing aggressive malignant (cancer) cells that block the skin and lymph nodes
- Triple Negative - does not have hormone receptors
- Paget disease of breast -rare, involves nipple and area around it known as areola
- Male - can occur at any age

SYMPTOMS OF BREAST CANCER

- New lump or mass or thickening
- Change in size, shape or appearance
- Irritated or dimpled area, redness or scaling
- Redness or pitting of the skin of the breast like the skin of an orange
- Nipple discharge or inverted nipple
- Enlarged lymph nodes under the arm

WHAT BREAST CANCER CAN LOOK & FEEL LIKE

thick mass indentation skin erosion redness or heat new fluid dimpling



bump

invisible lump

growing vein retracted nipple new shape/size orange peel skin

knowyourlemons.com

A cancerous lump is often hard and immovable, like a lemon seed.

DIAGNOSING BREAST CANCER

- Mammogram (Tomosynthesis or 3D is preferred due to greater accuracy)
- Ultrasound
- MRI
- Molecular breast imaging (An alternative to MRI)
- Biopsy
- Genetic testing

DIAGNOSING BREAST CANCER

- Mammograms have been recommended yearly for every woman, from age 40 - death.
- The U.S. Preventive Service Task Force (USPSTF) now recommends, for women with average risk, to have mammogram every other year starting at age 50 and stopping at age 75.

BREAST CANCER TREATMENT

Individualized treatment plan depends on type of breast cancer, where it's located and if it has spread

Some treatment options are:

- Surgical removal of lump to removal of the breast
- Chemotherapy- dependent if hormone receptor
- Radiation Therapy

BENIGN BREAST DISEASE

Other causes of lumps in the breast that are *not* cancerous include:

- Fibrocystic breast disease
- Cysts
- Papilloma: small polyps
- Hyperplasia: overgrowth of cells that line milk glands

WHAT CAN I DO?

- *Know your breasts, be aware of any changes*
- Risk assessment starting at age 25
- Screening: early mammogram beginning at age 40, age 30 if you are found to be high risk
- Healthy lifestyle: exercise 30 minutes most days, increase fruit and vegetables in your diet, limit alcohol consumption, stop smoking
- Limit post menopausal hormone therapy

What to do if diagnosed with Breast Cancer?

- **Call LEHB** for our nurse navigators to help you:
215-763-8290
- **Get a second opinion** for diagnosis or treatment options if you wish
- **Find a doctor** who is *highly specialized* in this area or choose a National Comprehensive Cancer Center (Fox Chase, Penn, or Jefferson in the Philadelphia area).
- **Write down questions** to discuss with your treatment team. Ask about side effects of treatment, resources for assistance if needed, clinical trials.
- **Engage family and friends** to assist, provide support and help you when needed.

RESOURCES IN PHILADELPHIA

Fox Chase Cancer Center

888-344-4794/ www.foxchase.org

Hospital of the University of Pennsylvania

800-789-7366/ www.pennmedicine.org/cancer

Jefferson Hospital Breast Care Center

215-503-2346/ www.jeffersonhealthcare.com

References

- <https://www.foxchase.org/breast-cancer/treatment>
- <https://www.mayoclinic.org/diseases-conditions/breastcancer>
- <https://www.cancer.org/cancer/breast-cancer>
- <https://www.cdc.gov>

References

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