



School Health Advisory Council

### What is breast cancer?

Cancer is a group of diseases that cause cells in the body to change and spread out of control. Most types of cancer cells eventually

form a lump or mass called a tumor, and are named after the part of the body where the tumor originates. Most breast cancers begin either in the breast tissue made up of glands for milk production, called lobules, or in the ducts that connect the lobules to the nipple. The remainder of the breast is made up of fatty, connective, and lymphatic tissues.

### What are the signs and symptoms of breast cancer?

Breast cancer typically produces no symptoms when the tumor is small and most easily treated, which is why screening is important for early detection. The most common physical sign is a painless lump. Sometimes breast cancer spreads to underarm lymph nodes and causes a lump or swelling, even before the original breast tumor is large enough to be felt. Less common signs and symptoms include breast pain or heaviness; persistent changes, such as swelling, thickening, or redness of the skin; and nipple abnormalities such as spontaneous discharge (especially if bloody), erosion, or retraction. Any persistent change in the breast should be evaluated by a physician as soon as possible.

### Men can get Breast Cancer TOO!

Breast cancer in men is a rare disease. Less than 1% of all breast cancers occur in men. In 2018, about 2,550 men are expected to be diagnosed with the disease. For men, the lifetime risk of being diagnosed with breast cancer is about 1 in 1,000.

You may be thinking: Men don't have breasts, so how can they get breast cancer? The truth is that boys and girls, men and women all have breast tissue. The various hormones in girls' and women's bodies stimulate the breast tissue to grow into full breasts. Boys' and men's bodies normally don't make much of the breast-stimulating hormones. As a result, their breast tissue usually stays flat and small. Still, you may have seen boys and men with medium-sized or big breasts. Usually these breasts are just mounds of fat. But sometimes men can develop real breast gland tissue because they take certain medicines or have abnormal hormone



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## American Cancer Society Recommendations for the Early Detection of Breast Cancer

Guideline for women at *average risk* for breast cancer



### Ages 40 – 44

Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



### Ages 45 – 54

Woman should get mammograms every year.



### Age 55 and older

Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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## MYTHS & FACTS

MYTH	FACT
I am only 35. Breast cancer happens only in older women.	While the risk of breast cancer increases with age, all women are at risk for getting breast cancer.
Women with family history of breast cancer are the ones who get breast cancer.	Actually, most women who get breast cancer have no family history of disease.
Women with more than one risk factor are the ones who typically get breast cancer.	Majority of women diagnosed with breast cancer have no known risk factor.
If I had a mammogram every year, I would be exposed to too much radiation, and that would cause cancer	The small level of radiation from mammograms is believed to be safe with the benefits outweighing the risk.

For questions, comments or concerns please email [mhobbs@littlefield.k12.tx.us](mailto:mhobbs@littlefield.k12.tx.us) or [dreed@littlefield.k12.tx.us](mailto:dreed@littlefield.k12.tx.us) or Call Missy Hobbs or Destiny Reed at 806-385-4150