



## Breast Cancer Fact Sheet

### Introduction

Currently, over 252,700 women and more than 2,400 men will be diagnosed with invasive breast cancer (cancer that has spread from where it started in the breast into surrounding healthy tissue) and roughly 41,000 will die of the disease each year.

Get diagnosed early and get treated before it spreads. When detected early, the five-year survival rate for breast cancer is 99 percent.

### Who is at risk?

Women who:

- Began their menstrual periods before age 12 or began menopause after age 55.
- Are currently using or have recently used birth control pills.
- Have never had children or who had their first child after age 30.
- Have used hormone replacement therapy (HRT) with estrogen and progesterone for more than 10 years.
- Have mutations of BRCA1, BRCA2 or PALB2 genes.

Women and men who:

- Are overweight or obese.
- Are not physically active (stronger link in women to post-menopausal breast cancer).
- Have had high-dose radiation therapy on their chests.
- Have a family history of breast or ovarian cancer. (Risk increases if several close relatives have been diagnosed with breast cancer or if a person's mother was diagnosed before age 50.)
- Have already had cancer in one breast.

Women over 40 are at risk of breast cancer. On average, men with breast cancer are diagnosed at age 68.

### How can I reduce my risk of breast cancer or detect it early?

- Breast feeding may lower a woman's risk.
- Limit alcohol: No more than one drink a day for women or two drinks a day for men.
- Exercise 30 minutes at least five days a week.
- Maintain a healthy weight.
- Never smoke. If you do smoke, quit.
- If you are a woman in your 20s and 30s, have a clinical breast exam (CBE) done by a health care professional at least once every three years.
- Beginning at age 40 or older, have an annual CBE if you are a woman.
- Beginning at age 40, get screened annually if you are a woman. Discuss the benefits and risks of screening tests with your health care professional.



- If you are a woman at high risk, talk with your health care professional about beginning annual screening mammograms at a younger age and also having a magnetic resonance imaging (MRI).
- If you are a woman at menopause, talk with your health care professional about whether you should consider hormone replacement therapy
- If you have a family history of breast, ovarian or colorectal cancer, talk with your health care professional about genetic testing.

### What are the symptoms?

If you notice any of the following symptoms, talk with your health care professional:

- A lump, hard knot or thickening in the breast
- A lump under your arm
- A change in the size or shape of a breast
- Nipple pain, tenderness or discharge, including bleeding
- Itchiness, scales, soreness or rash on nipple
- A nipple turning inward or inverted
- A change in skin color and texture (dimpling, puckering or redness)
- A breast that feels warm or swollen

### What are the treatment options?

Treatment depends on the type and stage of the breast cancer:

- The most common treatment is surgery to remove the cancer itself (lumpectomy) combined with radiation. In some cases, removal of the breast (mastectomy) is needed.
- Chemotherapy, radiation therapy, hormone therapy or targeted therapy may be used alone or in combination before or after surgery.