

What you need to know about

Breast Cancer



Breast cancer is the **most common** cancer diagnosed in Texas women. In 2010, TML IEBP had 102 members diagnosed with breast cancer.

- 120 women out of 100,000 have breast cancer in the United States.
- Breast cancer is the 5th leading cause of death among women.
- Breast cancer also occurs in men. For every 100 of breast cancer, less than one case is a man.

A health coach can help you meet your healthy lifestyle goals

Call a TML IEBP Professional Health Coach at 1-888-818-2822

FOR MORE INFORMATION, CONTACT:

National Institute of Cancer
www.cancer.gov/cancertopics/types/breast

Centers for Disease Control
www.cdc.gov/cancer/breast

American Cancer Society
Breast Self-Exam Instructions
www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection

Surviving Breast Cancer Depends on Early Detection

- Do your monthly breast exam. If you are pre-menopausal, check your breasts one week after your last period began. If you are menopausal, pick a day of the month that you can easily remember is your day for breast self examination.
- Talk with your doctor about when to get a mammogram and how often.
- Because breast cancer tumors can be very small, it is recommended that women over 40 have an annual mammogram. If you are younger than 40, discuss your need for a mammogram with your doctor.

Signs and Symptoms of Breast Cancer

If you have any of these symptoms, see your doctor.

- A change in size or shape of the breast without a weight gain or loss
- A thickening or a lump felt in or near the breast or armpit
- Dimpling or puckering of the skin on the breast; this may resemble an "orange peel"
- A nipple that looks pushed in (also called inverted nipple)
- Any discharge from the nipple
- Scaly, reddened skin with swelling of the breast, nipple or areola. Breast may feel warm to touch in this area. You may think you have mastitis.

Types of Breast Cancer

- Ductal carcinoma in situ or DCIS. The tumor is only in a milk duct and has not spread.
- Infiltrating ductal cancer or IDC is the most common type of breast cancer. In IDC, the tumor has broken out of the milk duct and spread to the breast tissue and possibly the lymph nodes and bloodstream.
- Infiltrating lobular carcinoma. This cancer is similar to IDC, but you may feel a thickening or mass in your breast rather than a distinct lump.
- Inflammatory breast cancer is rare. The breast becomes reddened, hot and swollen, and tender. It is often mistaken for an infection like mastitis. The skin may resemble the skin of an orange peel. You may have a bruise that doesn't go away, and the nipple may become retracted (pushed in).

Risk Factors

Some risk factors for breast cancer cannot be changed:

- Menopause
- A history of breast cancer in yourself or your family
- Radiation treatment to the chest
- Having your first baby at an older age or never having a baby
- Getting your first period before you were 12
- Going through menopause after 55
- Being white or Caucasian
- Having dense breasts
- History of taking DES (a medicine not prescribed to pregnant women since 1971)

Risk Factors You Can Control

- Taking Hormone Treatment Therapy (HRT) with a combination of estrogen and progesterone
- Having a body mass index (BMI) in the overweight or obese category
- Not exercising or moving around much
- Drinking more than the recommended amount of alcohol (one serving a day)

If You Already Have Breast Cancer

See your doctor regularly for treatments and necessary tests. Ask your doctor the following:

- What type of breast cancer do I have?
- How large is the tumor?
- What is the stage and grade of the tumor?
- Is the cancer hormone receptive?
- What is my prognosis?
- Will I need additional tests to see if the cancer has spread?
- What is the treatment plan for my type of cancer?
- Do you suggest a sentinel node biopsy? What are the pros and cons?
- Will I need surgery?
- Should chemotherapy start before surgery or after? What are the pros and cons?
- What other doctors will be involved in my treatment?
- What can I do to help ensure successful treatment?

Remember, it is important that you be informed about the treatment you will receive and the pluses and minuses of each type of treatment in order to make informed decisions about your treatment.

Disclaimer: This material is for informational purposes only, and should not be used to replace professional medical advice. Always consult your physician before beginning a new treatment, diet or fitness program. This information should not be considered complete, nor should it be relied on in diagnosing or treating a medical condition.