

## October is Breast Cancer Awareness Month

### What is Breast Cancer?

**Breast Cancer** is malignant, or cancerous, tumor(s) that start from cells in the breast. This group of cells can invade surrounding tissues, or spread (metastasize) to other areas of the body. This form of cancer occurs primarily in women and rarely in men.

### How is Breast Cancer Detected?

**Breast Cancer** screening is recommended in women as young as 20-30 years of age in the form of a clinical breast exam by a physician or other health professional. Mammograms are recommended annually in women age 40 or over, or at age 30 in women with a positive family history. MRI's, ultrasound, and biopsies may also be utilized.

### What are my odds of being diagnosed with Breast Cancer?

**According to The American Cancer Society**, there is a 1 in 8 chance of invasive breast cancer occurring some time in a woman's lifetime. While breast cancer death rates are decreasing, there is a 1 in 35 chance of death from breast cancer. Improved treatment and early detection aid in decreasing death rates.

### Did you know?

Breast Cancer is the second leading cause of cancer death in women after lung cancer.

-America Cancer Society



### What are the risk factors for Breast Cancer?

- ❖ Age – 2 out of 3 women with invasive cancer are 55 or older
- ❖ A family history of Breast Cancer
- ❖ Race – More white women are diagnosed while more African Americans die from the disease
- ❖ Physical Inactivity, being overweight or obese
- ❖ Alcohol abuse
- ❖ Birth Control and Hormone Therapy

# Breast Cancer

## Warning Signs

- Lump (most common sign)
- Swelling of all or part of the breast
- Dimpling or irritation of the skin
- Breast pain
- Nipple pain or inversion
- Redness, flaking, or thickening of breast
- Discharge other than milk

## Possible Treatments for Breast Cancer

- Surgery
- Chemotherapy
- Radiation
- Lumpectomy
- Mastectomy

## Examples of Types of Breast Cancer

- Ductal carcinoma
  - Ductal carcinoma in situ (DCIS)
  - Invasive ductal carcinoma
- Lobular carcinoma
  - Lobular carcinoma in situ (LCIS)
  - Invasive lobular carcinoma
- Paget's Disease of the nipple (rare)
- Inflammatory Breast Cancer (rare)



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## Additional Information

- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- National Breast Cancer Coalition: [www.stopbreastcancer.org](http://www.stopbreastcancer.org)
- Susan G. Komen for the Cure: [www.komen.org](http://www.komen.org)
- Y-ME National Breast Cancer Organization: [www.y-me.org](http://www.y-me.org)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)