

TOGETHER FOR BREAST HEALTH

Understanding Symptoms, Screenings, and Solutions

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GOALS

- Understand your risk of breast cancer
- Learn what you can do to lower your risk
- Understand how early detection saves lives
- Feel empowered to take control of your breast health

BACKGROUND

- What is the most common type of cancer in women?

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- What is the most common type of cancer in women?
Breast cancer!
- What is the average woman's lifetime risk of developing breast cancer? **1 in 8!**

RISK FACTORS

Some risk factors we can change, some we can't.

Let's look at some risk factors we can't change...

RISK FACTORS

- Being born female

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- Being born female
- Family history

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- Family history
- Age

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RISK FACTORS

- Being born female
- Family history
- Age
- Dense breast tissue
- Starting menses young, or going through menopause late
- Race and ethnicity

RISK FACTORS

Fortunately, there are some risk factors we can change!

RISK FACTORS

- Alcohol

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- Body mass index >25

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- Alcohol
- Body mass index >25
- Physical inactivity
- Having children later in life or not at all
- Combined hormone replacement therapy

SCREENING

- Mammogram
- Breast “self-awareness”
- Clinical breast examination
- Self breast examination

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- 28-40% reduction in death from breast cancer
- Start at age 40 for average risk women
- Or ten years before a first-degree relative at diagnosis
- Every year or every other year until at least age 75

RADIATION?

- Mammograms do involve a small amount of radiation (about six weeks worth of background radiation)

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- Mammograms do involve a small amount of radiation
- The benefits **far** outweigh the risks!

SELF-EXAMINATION

- How often are routine breast self-examinations recommended?

SELF-EXAMINATION

- How often are routine breast self-examinations recommended? **Never**

SELF-AWARENESS

- However, that doesn't mean you shouldn't know what is and is not normal for your own body!
- Let's talk about what to look out for...

SYMPTOMS

- Lumps

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- Skin changes

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- Nipple discharge (especially if bloody)

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- Lumps
- Skin changes
- Nipple discharge (especially if bloody)
- Nipple inversion

CLINICAL EXAM

- Offered every 1-3 years from 25 to 39
- Offered annually from 40+

GENETIC SCREENING

- Depends on family history

The background is a light pink color. It features several decorative elements: a large rounded rectangle with a slightly darker pink border, a smaller rounded rectangle in the top right corner, and several wavy, overlapping lines in shades of pink that sweep across the bottom and right sides of the frame.

QUESTIONS?

The background is a light pink color. It features several decorative elements: a large rounded rectangle with a slightly darker pink border, a smaller rounded rectangle in the top right corner, and several sets of concentric, wavy lines in different shades of pink. The text "THANK YOU" is centered in a black, serif font.

THANK YOU