

August 2015

BREAST CANCER: What You Need to Know



Where Do I Find Help?

- American Cancer Society
[Breast Cancer Information](#)
- National Cancer Institute
[Breast Cancer Information](#)
- Michigan Dept. of Health and Human Services
www.michigan.gov/cancer

Additional Facts

Estimated 2015 Breast Cancer Cases and Deaths in Michigan:

New cases:
7,780

Deaths:
1,410

Source: [American Cancer Society Cancer Facts and Figures 2015](#)

What Is Breast Cancer?

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too.



What Causes Breast Cancer?

Some things can increase your chance, or risk, of getting breast cancer:

- ✓ Increasing age
- ✓ Personal history of breast cancer
- ✓ A family history of breast cancer
- ✓ In a few cases, breast cancer is inherited due to genetic factors

What Can I Do To Lower My Chances Of Getting Breast Cancer?

The following things lower your risk of getting breast cancer:

- ✓ Limiting alcohol intake
- ✓ Routine exercise
- ✓ Maintaining a healthy body weight

How Do I Find Breast Cancer Early?

- ✓ Follow recommendations:
 - **Women aged 20-39** – clinical breast exam performed by a health care provider every 3 years
 - **Women aged 40 years and older** – clinical breast exam and mammogram yearly for as long as a woman is in good health

Call Your Doctor If You Have any Signs or Symptoms

- ✓ Bloody oozing from the nipple
- ✓ Inverted nipple
- ✓ A breast lump or thickening that feels different from surrounding tissue
- ✓ Change in the size or shape of a breast
- ✓ Changes to the skin over the breast, such as dimpled skin
- ✓ Peeling, scaling, or flaking of the nipple or breast skin