



Share the Wellness Tip

October 11, 2013

Breast Cancer Awareness

The best way to find breast cancer early is with a mammogram. If you are a woman age 50 years or older, be sure to have a screening mammogram every two years.

What are the symptoms of breast cancer?

When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

What is a mammogram?

A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having mammograms regularly can lower your risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when and how often you should have a screening mammogram. Regular mammograms are the best way to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

Can men get breast cancer?

Men can also get breast cancer, but it is not very common. For every 100 cases of breast cancer, less than 1 is in men.

Source: Centers for Disease Control and Prevention

