

## WHAT IS BREAST CANCER?

Breast cancer is a type of cancer in which cells of the breast undergo abnormal growth. It can occur in either one breast or both the breasts.

Henry, N. L., Shah, P. D., Haider, I., Freer, P. E., Jaggi, R., & Sabel, M. S. (2020). Cancer of the breast. In Abelloff's Clinical Oncology (6th ed.). Elsevier.

## BREAST CANCER SCREENING

Screening for breast cancer is a way to detect cancer early before any symptoms have appeared. It is done using a **mammogram** (an x-ray of the breast).



Muratov, S., Canelo-Aybar, C., Tarride, J. E., Alonso-Coello, P., Dimitrova, N., Borisch, B., & Broeders, M. (2020). Monitoring and evaluation of breast cancer screening: Performance indicators. BMC Cancer, 20(1), 1-10.

## SCREENING RECOMMENDATIONS

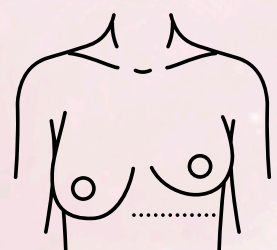
- **Ages 50–74:** Get a mammogram every 2 years
  - *\*Starting October 8th, 2024 the age group will be **40-74 years***
- **Age 75+:** Consult your doctor about mammograms
- **Ages 30–69 \* High Risk\* :** Have a mammogram and MRI yearly

Cancer Care Ontario. (2024). Ontario Breast Screening Program (OBSP). Retrieved from <https://www.cancercareontario.ca/en/cancer-care-ontario/programs/screening-programs/ontario-breast-obsp>

## SIGNS AND SYMPTOMS



- Firm or hard lump in breast or armpit



- Changes in the shape/size of breast



- Changes to nipple, such as an inverted nipple



- Nipple discharge, possibly with blood

Canadian Cancer Society. (2024). Signs and symptoms of breast cancer. Retrieved from <https://cancer.ca/en/cancer-information/cancer-types/breast/signs-and-symptoms>

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## HOW TO PERFORM A BREAST SELF-EXAM

**Step 1:** Examine your breasts in a mirror with hands on hips

**Step 2:** Raise arms and examine your breasts

**Step 3:** Look for signs of breast fluid

**Step 4:** Feel for breast lumps while lying down

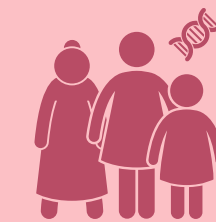
**Step 5:** Feel your breasts for lumps while standing or sitting

*\*Perform a breast self-exam monthly, ideally after your period, to know your normal.*



Canadian Cancer Society. (2024). Know your breasts. Retrieved from <https://cancer.ca/en/cancer-information/find-cancer-early/know-your-body/know-your-breasts>

## RISK FACTORS



- Family History
- Gene Mutation (BRCA)



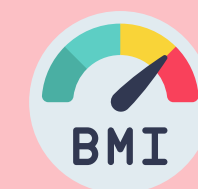
- High Breast Density



- Use of Oral Contraceptives



- Hormonal Replacement Therapy



- Pregnancy after 30 years of age



- Obesity & increased BMI
- Drinking alcohol

Canadian Cancer Society. (2024). Breast cancer risks. Retrieved from <https://cancer.ca/en/cancer-information/cancer-types/breast/risks>

## FOR MORE INFORMATION



437-243-3735

supportline@pchs4u.com



[www.cancercareontario.ca/en](http://www.cancercareontario.ca/en)

