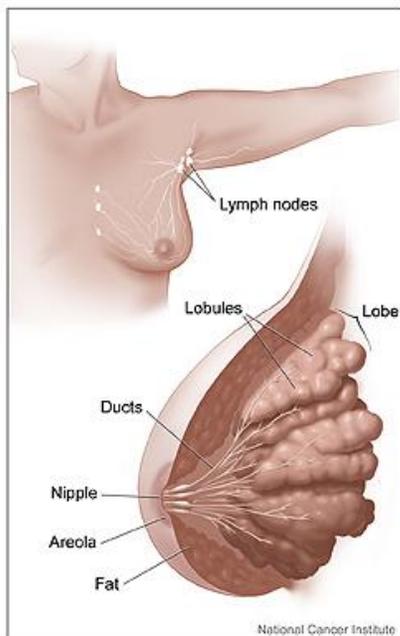


Breast Cancer

Information Sheet



What is breast cancer?

Breast cancer is cancer that starts in your breast.

Breast cancer can affect the breast and surrounding area. The surrounding area extends to your breastbone, up to your collarbone and into your underarm.

In Wisconsin, breast cancer is the most commonly diagnosed cancer among women. Breast cancer affects 1 in 8 women during their lives.

Breast cancer can occur in both men and women, although male breast cancer is rare.

How can I prevent breast cancer?

You can lower your chance of developing breast cancer by making healthy choices.

- Eat lots of fruits and vegetables
- Limit foods high in saturated fat (red meat, fried food)
- Be active and have a healthy body weight
- Limit alcoholic drinks

What are the possible symptoms of breast cancer?

In its early stages, breast cancer may have no symptoms. As breast cancer develops, you may experience:

- A lump near your breast or underarm area
- Change in size or shape of your breast
- A nipple turned inward into your breast
- Fluid from your nipple
- Scaly, red or swollen skin on your breast



Talk to your health care provider if you experience any of these symptoms. These symptoms may be caused by something other than cancer, but the only way to know what is causing them is to talk with your health care provider about them.

Breast Cancer

Are there screening tests that can help find breast cancer early?

- A **Breast Self-Exam** or **BSE** is a way you learn how your breasts normally look and feel. Women should know how their breasts normally look and feel and report any changes to their health care provider right away. BSE is an option for women starting in their 20s.
- A **Clinical Breast Exam** or **CBE** is done by a trained health care provider. The health care provider looks at and feels the breast tissue for any changes. Women over 40 should have a CBE every year or two. Women in their 20s and 30s should have a CBE as part of their periodic health exam every three years.
- A **mammogram** is an x-ray picture of the breast. A mammogram is considered the best test for breast cancer screening. Mammograms can find breast cancer early when it is most treatable, before there are symptoms such as a lump. Women having mammograms are less likely to die from breast cancer. Women over 40 should have a mammogram every year.



If you have a mother, father, brother, sister or grandmother who had breast cancer, you may need to begin having breast cancer screening at a younger age. Talk to your health care provider about when to start breast cancer screening.

Where can I get more information?

The National Cancer Institute provides accurate and up-to-date information about breast cancer, other cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

The Wisconsin Well Woman Program (WWWP) provides preventative health screening services to women with little or no health insurance coverage. The program pays for mammograms and Pap tests. Please contact a WWWP Coordinator for more information about the WWWP, and income and age requirements.

Phone: 608-266-1865

Website: www.dhs.wisconsin.gov/womenshealth/wwwp

For more local information, please contact:

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