



# BREAST CANCER Awareness

## FACTORS THAT MAY INCREASE THE RISK OF GETTING BREAST CANCER

- AGE
- GENES
- DIET
- HORMONAL THERAPY
- EARLY MENSTRUATION
- LATE MENOPAUSE
- EARLY MENSTRUATION AND LATE MENOPAUSE

## HOW IS BREAST CANCER TREATED?

- SURGERY
- CHEMOTHERAPY
- HORMONAL THERAPY
- RADIATION THERAPY
- TARGETED THERAPY

## HOW CAN WE CAN HELP?

WAYS TO HELP: DONATE TO BREAST CANCER RESEARCH, VOLUNTEER, SUPPORT A BREAST CANCER SURVIVOR, BE A MENTOR, BE A RIBBON, BE A DONOR, BE A HERO.

## THE RISK FACTORS:

- A PERSONAL HISTORY OF BREAST CANCER OR A CLOSE BLOOD RELATIVE WHO HAS BREAST CANCER
- EARLY MENSTRUATION
- LATE MENOPAUSE
- EARLY MENSTRUATION AND LATE MENOPAUSE

## WHAT ARE THE TYPES OF BREAST CANCER?

THE MOST COMMON TYPE IS DUCTAL CARCINOMA IN SITU (DCIS). OTHER TYPES INCLUDE INVASIVE DUCTAL CARCINOMA (IDC), INVASIVE LOBULAR CARCINOMA (ILC), MUCINOSA TUBULAR CARCINOMA (MTC), AND METASTASIS.

## WHAT IS BREAST CANCER?

BREAST CANCER IS A DISEASE IN WHICH CELLS IN THE BREAST GROW OUT OF CONTROL.

BEYOND THE RIBBON



## NUTRIENTS THAT MAY REDUCE THE RISK OF GETTING BREAST CANCER

- VITAMIN D
- VITAMIN C
- B VITAMINS
- IRON
- CALCIUM ANTIOXIDANTS
- BETA CRYPTOXANTHIN OMEGA-3 FATS
- SELENIUM ALPHA CAROTENE LYCOPENE



# BREAST CANCER

Awareness

## WHAT IS BREAST CANCER?

BREAST CANCER IS A DISEASE IN WHICH CELLS IN THE BREAST GROW OUT OF CONTROL.



## HOW IS BREAST CANCER TREATED?

- SURGERY.
- CHEMOTHERAPY.
- HORMONAL THERAPY.
- BIOLOGICAL THERAPY.
- RADIATION THERAPY.

## HOW WE CAN HELP?

DONATE TO THE PEOPLE WHO CAN'T AFFORD TREATMENT / THEIR NEEDS (CLOTHING MONEY, ETC.) HELP THEM WITH THEIR DAILY DUTIES THEY CAN'T ACCOMPLISH DUE TO THIS TRAGEDY IF YOU CAN'T DO ANYTHING PHYSICALLY BE THERE FOR THEM MENTALLY. MENTAL SUPPORT IS REALLY IMPORTANT FOR THEM

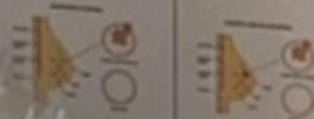
## THE RISK FACTORS :

- A PERSONAL HISTORY OF BREAST CANCER OR A HIGH RISK LESION FOUND BY BIOPSY
- A FAMILY HISTORY
- HISTORY OF RADIATION THERAPY TO THE CHEST
- A KNOWN GENETIC MUTATION CONFERRING AN INCREASED RISK OF DEVELOPING BREAST CANCER

## WHAT ARE THE TYPES OF BREAST CANCER?

THE MOST COMMON TYPES ARE

- Invasive ductal carcinoma - makes up about 70-80% of all breast cancers
- Invasive lobular carcinoma



## HOW DO DOCTORS DIAGNOSE BREAST CANCER?

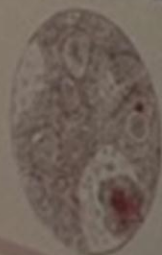
A BIOPSY IS THE ONLY DEFINITIVE WAY TO MAKE A DIAGNOSIS OF BREAST CANCER

DURING A BIOPSY YOUR DOCTOR USES A SPECIALIZED NEEDLE DEVICE GUIDED BY X-RAY OR ANOTHER IMAGING TEST TO EXTRACT A CORE OF TISSUE FROM THE SUSPECTED AREA



## CAN BREAST CANCER BE INHERITED?

ABOUT 10% OF BREAST CANCER CASES ARE THOUGHT TO BE HEREDITARY



## HOW TO PREVENT BREAST CANCER?

- MAINTAIN A HEALTHY WEIGHT
- EXERCISE REGULARLY
- HAVE A LOW INTAKE OF SATURATED FAT
- PREVENT COMMON BREAST CANCER CAUSES

