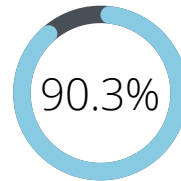


BREAST CANCER FACT SHEET

Breast cancer is a disease in which cancer cells form in the breast. Breast cancer can start in any area of the breast and occurs when cells in the breast begin to grow out of control. These cells usually form a tumor that can be felt as a lump or seen on x-ray. Breast cancer is the second most common cancer in women in the U.S., after lung cancer.

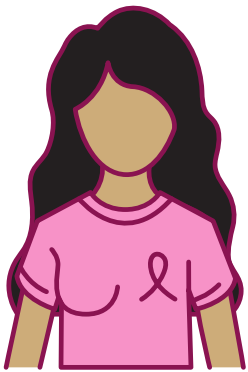
Men can also develop breast cancer.

About 1 out of every 100 breast cancers diagnosed in the U.S. is found in a man.

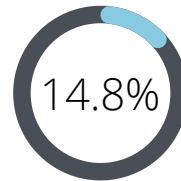


There is a 90.3% five-year relative survival rate, this excludes the risk of deaths from other causes.

Risk Factors



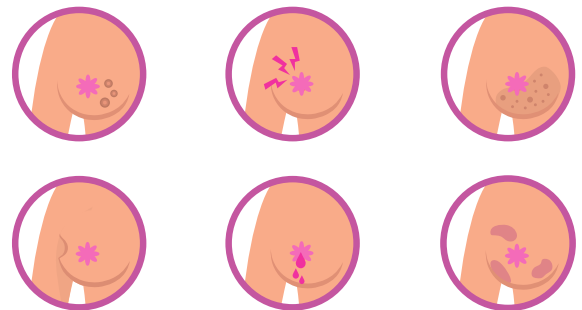
- Older age
- Obesity
- Drinking alcohol
- Dense breast tissue
- Radiation therapy to the breast or chest
- Inherited risk of breast cancer (BRCA1, BRCA2)
- History of breast cancer or benign breast disease
- Taking hormone therapy for symptoms of menopause
- Reproductive history resulting in greater exposure to estrogen (early menstruation, late menopause)



Female breast cancer represents 14.8% of all new cancer cases in the U.S.

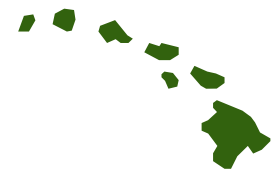
Warning signs to get checked for breast cancer...

- New lump in the breast or armpit
- Thickening or swelling of part of the breast
- Irritation of breast skin
- Redness or flaky skin in the nipple area or breast
- Pain in any part of the breast or nipple area
- Nipple blood or discharge other than breast milk
- Any change in the size or shape of breast



In Hawai'i

- Most common cancer diagnosed in women in Hawai'i
- An average of 148 women die of breast cancer each year
- Mortality is highest in Native Hawaiian women
- Incidence is highest among Native Hawaiian, White, and Japanese women



GET SCREENED!

- Women ages 45 to 54 should get a mammogram every year
- Women 55 and older can switch to a mammogram every 2 years
- All women should be familiar with how their breasts look and feel to help notice symptoms
- Clinical breast exams is an alternative if you are concerned about screening risks