

Breast Cancer:

Understanding your risk

INSIDE: What is your risk? • Reducing your risk
How to get screened at no or low cost
Resources for help and support

Tampa Bay
Times
NIE
newspaper in education
tampabay.com/nie

breast360.org
engage • educate • empower



THE AMERICAN SOCIETY OF BREAST SURGEONS
FOUNDATION

What is breast cancer?

Cancer starts when some of your body's cells grow out of control. Cancer can start in nearly any part of the body, and then spread to other areas of the body.

Cancer that starts in the breast is called breast cancer. Breast cancer is the second-most common kind of cancer in American women. About one in eight women born today in the United States will get breast cancer. Men also can get breast cancer, but it is not very common.



Breast cancer risk factors

A risk factor is anything that increases your chance of getting a specific disease. Different diseases have different risk factors. Having one or more risk factors for a disease does not mean that you will get it, but it does make it more likely.

Things that can increase your risk of developing breast cancer include:

- Family history of breast, colorectal or ovarian cancer
- Began menstrual period before age 12 or began menopause after age 55
- Use of birth control pills
- Use of hormone replacement therapy (HRT)
- Never had children or had first child after age 30
- Excessive alcohol use
- Smoking or tobacco use
- Being overweight or obese
- Lack of physical activity
- Radiation therapy close to the chest

Reducing your risk

Some risk factors, such as the age at which you began your period, can't be changed.

But some are related to behavior that you can change, such as smoking, drinking and exercise. There are steps you can take to reduce your risk of developing breast cancer:

- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- Exercise regularly.
- Maintain a healthy weight.
- Don't smoke or use tobacco. If you currently use tobacco, quit.
- If you take birth control pills or are undergoing hormone replacement therapy, talk to your health care provider about the risks.
- Breastfeed your babies, if possible.

Warning signs of breast cancer

It is important to know that different people have different warning signs for breast cancer. Some women have no signs or symptoms at all.

If you notice any of the following symptoms or anything else that worries you, see your doctor immediately:

- A new lump in a breast or armpit
- A change in the size or shape of a breast
- Thickening or swelling of part of a breast
- Nipple pain, tenderness or bleeding
- Discharge, or fluid other than milk, coming out of a nipple
- Itchiness, scales, soreness or rash on a breast or nipple
- A nipple turning inward
- Dimpling or puckering of breast skin
- A breast that feels painful, warm or swollen

What are BRCA-1 and BRCA-2?

BRCA-1 and BRCA-2 are genes. Genes are passed from parents to children. They determine the features or characteristics you inherit from your parents – for example, your height or eye color.

Sometimes, genes become mutated, or changed, in a harmful way. When the BRCA-1 or BRCA-2 gene has a harmful mutation, it greatly increases your risk of breast cancer.

If you have a family history of breast cancer, talk to your health care provider about genetic testing to see if you inherited these harmful mutations.



Breast cancer screening

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease.

Mammograms are the best way to find breast cancer early, when it is easier to treat. A mammogram is an X-ray of the breast that lets doctors look for cancer inside it that may be too small to feel. If a lump is found, you will need other tests to find out if it's cancer.

For women at average risk of breast cancer, the American Cancer Society recommends that:

- Women ages 40 to 44 should have the choice to start annual mammograms if they wish to do so.
 - Women age 45 to 54 should get mammograms every year.
 - Women age 55 and older should get mammograms every two years, and have the choice to continue yearly screening.
- Women who are at high risk of breast cancer due to a family history of breast cancer or other factors should get a mammogram every year.

How do I get screened?

If you have Medicare, Medicaid or private health insurance:

The Affordable Care Act (Obamacare) requires Medicare, Medicaid and most private health insurance plans to provide free screening mammograms for women over the age of 40. To find a mammography provider, contact your health care provider or insurance company.

If you do NOT have Medicare, Medicaid or private health insurance:

- 1) The Florida Breast and Cervical Cancer Early Detection Program (BCCEDP) offers free or low-cost breast screenings and mammograms to women who are low-income and uninsured.

To see if you qualify for the BCCEDP, contact your county health department at the numbers to the right.

- 2) Federally Qualified Health Centers (FQHCs) offer preventive services on a sliding fee scale, regardless of the person's ability to pay. Find a health center near you at fachc.org/resources-find-health-center.php.
- 3) Other resources for low-cost mammograms for women who are not eligible for the BCCEDP are available in many areas. Call the American Cancer Society at 800-227-2345 to find a program near you.



More resources for free and low-cost mammograms:

CITRUS COUNTY

- Florida Department of Health in Citrus County: 352-527-0068

HERNANDO COUNTY

- Florida Department of Health in Hernando County: 352-540-6800

HILLSBOROUGH COUNTY

- Brandon Outreach Clinic: 813-654-1388 / theoutreachclinic.com
- Florida Department of Health in Hillsborough County: 813-307-8015, Ext. 7112, 7109 or 7108
- Lifetime Cancer Screening and Prevention Center: 813-745-6769
- Moffitt Cancer Center: 888-MOFFITT (888-663-3488)

MANATEE COUNTY

- Florida Department of Health in Manatee County: 941-861-2676
- We Care Manatee: 941-755-3952 / info@wecaremanatee.org / wecaremanatee.org

PASCO COUNTY

- Florida Department of Health in Pasco County: 727-861-5661, Ext. 1016

PINELLAS COUNTY

- Florida Department of Health in Pinellas County: 727-824-6917 / pinellas.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/bccp
- Mammography Voucher Program: 727-820-4117
- Clearwater Free Clinic: 727-447-3041 / clearwaterfreeclinic.org

Sources: American Cancer Society, Centers for Disease Control and Prevention, Florida Department of Health, National Cancer Institute at the National Institutes of Health, Prevent Cancer Foundation



About the American Society of Breast Surgeons Foundation

The American Society of Breast Surgeons Foundation is a charitable organization founded in 2005 to improve the standard of care for breast disease. The Foundation's mission is to advance the diagnosis and treatment of breast disease.

The American Society of Breast Surgeons Foundation supports initiatives in the research and development of advanced breast disease treatments and technologies in order to improve the standards for superior patient care and education by funding the following:

- Breast360.org, a state-of-the-art patient-access website for educational resources on breast disease awareness
- The development of professional educational materials for community outreach education
- Awards for outstanding breast disease research
- The development of multilingual patient

educational brochures on breast disease

- Special lectures on advanced breast cancer disease treatment technologies

The American Society of Breast Surgeons Foundation supports the mission of The American Society of Breast Surgeons, the primary leadership organization for general surgeons who treat patients with breast disease. The Society is committed to continually improving the practice of breast surgery by serving as an advocate for surgeons who seek excellence in the care of breast patients. The Society provides a forum for the exchange of ideas and promotes education, research and the development of advanced surgical techniques. To learn more, visit breastsurgeons.org and breastsurgeonsfoundation.org.



RESOURCES for women and patients:

ABCD: After Breast Cancer Diagnosis – abcdbreastcancersupport.org

American Cancer Society – cancer.org/cancer/breastcancer

Breast360.org – breast360.org

Breastcancer.org – breastcancer.org

CancerCare – cancercares.org/diagnosis/breast_cancer

Cancer.Net – cancer.net/cancer-types/breast-cancer

Centers for Disease Control and Prevention – cdc.gov/cancer/breast

FORCE: Facing Our Risk of Cancer Empowered – facingourrisk.org

Living Beyond Breast Cancer – lbbc.org

National Breast Cancer Foundation – nationalbreastcancer.org

National Cancer Institute at the National Institutes of Health – cancer.gov/types/breast

National Comprehensive Cancer Network – nccn.org/patients/guidelines/cancers.aspx#breast

Prevent Cancer Foundation – preventcancer.org/learn/preventable-cancers/breast

Sisters Network Inc. – sistersnetworkinc.org

Susan G. Komen – komen.org

Young Survival Coalition – youngsurvival.org

About NIE

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources – a “living textbook.” Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

Since the mid-1970s, NIE has provided schools with class sets of the daily newspaper plus award-winning



original educational publications, teacher guides, lesson plans, educator workshops and many more resources at no cost to schools, teachers or families. Each year, more than 5 million newspapers and electronic licenses are provided to Tampa Bay teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. NIE teaching materials cover a variety of subjects and are correlated to the Florida Standards.

For more information about NIE, visit tampabay.com/nie, call 800-333-7505, ext. 8138 or email ordernie@tampabay.com. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

NIE staff

Jodi Pushkin, manager, jpushkin@tampabay.com
Sue Bedry, development specialist, sbedry@tampabay.com
Noelle Sansom, coordinator, nsansom@tampabay.com
© Tampa Bay Times 2016

Credits

Written by Sue Bedry, *Times* staff
Designed by Stacy Rector, Fluid Graphic Design LLC

Educational Components

This publication is aligned to the Florida Standards for high school. Visit tampabay.com/nie and click on the Curriculum Supplements tab for classroom activities and a listing of the standards.