



Pink Lemonade

Make a Stand against breast cancer

Important Breast Cancer Information



1.8x

your risk for breast cancer is 1.8x greater if an immediate female relative has been diagnosed

What can I do to help prevent breast cancer?

- > Get screened for breast cancer regularly.
- > Control your weight through diet and exercise.
- > Know your family history of breast cancer.
- > Find out the risks and benefits of hormone replacement therapy.
- > Limit the amount of alcohol you drink.

Source: Centers for Disease Control

What are the warning signs of breast cancer?

- > New lump in the breast or underarm (armpit).
- > Thickening or swelling of part of the breast.
- > Irritation or dimpling of breast skin.
- > Redness or flaky skin in the nipple area or breast.
- > Pulling in of the nipple or pain in the nipple area.
- > Nipple discharge other than breast milk, including blood.
- > Any change in the size or the shape of the breast.
- > Pain in any area of the breast.

Source: Centers for Disease Control



40%

40% of diagnosed breast cancers are detected by self examination

Which test is the best to detect breast cancer?

At this time, the best way to find breast cancer is with a mammogram. If you choose to have clinical breast exams and to perform breast self-exams, be sure to also get regular mammograms.

Source: Centers for Disease Control



30%

overweight women suffer a 30% higher mortality rate than women who maintain a healthy weight

If I find a lump, what should I do?

First of all, do not panic. Most lumps are not cancerous. They are actually very common, especially in premenopausal women. They usually go away by the end of the menstrual cycle. But do not ignore any change in your breast, either. The best advice is to see your doctor.

Source: Susan G. Komen



3 minutes

a woman is diagnosed with breast cancer every 3 minutes

What kind of tests might my doctor do?

Breast Ultrasound. A machine that uses sound waves to produce detailed pictures, called sonograms, of areas inside the breast.

Diagnostic Mammogram. A more detailed X-ray of the breast used to evaluate abnormalities detected on a screening mammogram or because of special circumstances.

Biopsy. A test that removes tissue or fluid from the breast to be looked at under a microscope and for further testing.

Source: Centers for Disease Control



60%

60% of all breast cancer cases are diagnosed in stage 0 or 1

What exactly is staging?

If breast cancer is diagnosed, other tests are done to find out if cancer cells have spread within the breast or to other parts of the body. This process is called staging. Whether the cancer is only in the breast, is found in lymph nodes under your arm, or has spread outside the breast determines your stage of breast cancer. The type and stage of breast cancer tells doctors what kind of treatment is needed.

For more information about staging, please visit the National Cancer Institute's Breast Cancer Treatment: Stages of Breast Cancer at www.cancer.gov

Source: Centers for Disease Control



5-years

5-Year survival rates are up significantly

Are breast cancer survival rates improving?

Yes. A lot of progress has been made in breast cancer survival rates. If you are diagnosed with stage 0 or 1, you have a 98.6% chance of a 5-year survival, while stage 2 diagnosis is at 84.4%! These numbers prove why early detection is important.

Source: National Cancer Institute

Together, We'll Make a Stand Against Breast Cancer

#makeastandtexas

makeastandtexas.org

AN IDEA FOR OUR COMMUNITY FROM **ST. LUKE'S HEALTH SYSTEM**

