



health♥chats

BREAST CANCER

Sponsors





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Today's Topics

- Breast Cancer 101
- Myth Busters
- Cancer Prevention
- Q&A
- UnitedAg Resources



Breast Cancer 101

- Most prevalent cancer worldwide
- Leading cause of cancer death among Hispanic women
- 13% of women in the U.S. will develop breast cancer in their lifetime
- U.S. Preventive Services Task Force Screening Recommendation:
 - Women 50 - 74 years old should have a screening mammogram every 2 years
 - Some women might need earlier screening based on risk factors



[breastcancer.org](https://www.breastcancer.org)



Myth #1: Self-exams are good enough to screen for breast cancer

- Regular self-exams are no longer recommended
- No evidence of improving outcomes
- Focus on breast self-awareness



Myth #2: If I feel well, I don't need to get screened for breast cancer

- Many people with breast cancer have no symptoms at all
- Most lumps are not breast cancer
- Warning signs for women & men
 - Lumps or pain in breasts or armpits
 - Change in breast size or shape
 - Nipple changes
 - Skin changes (dimpling, redness)
 - Abnormal or bloody nipple discharge



Myth #3: If breast cancer doesn't run in my family, I won't get it

- 85% of breast cancer cases are in people without family history
- Discuss personal and family history of any types of cancers with your doctor
- Additional risk factors: breast density, menstrual/reproductive history, not breastfeeding, medication/radiation/chemical exposure, unhealthy lifestyle



Cancer Prevention

- Maintain a healthy weight
- Stress management & adequate sleep
- Avoid tobacco and excessive alcohol
- Talk to your doctor about any medications or exposures that can increase your cancer risk



UnitedAg Resources

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