

For more information about breast cancer or to learn when and where you can obtain a low-cost mammogram or other cancer services, please call any of the following toll-free numbers.



American Cancer Society
(800) ACS-2345

Cancer Care, Inc.
(800) 813-HOPE

Cancer Research Foundation of America
(800) 227-2732

Centers for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program
(888) 842-6355

The Susan G. Komen Breast Cancer Foundation
(800) I'M AWARE

National Alliance of Breast Cancer Organizations (NABCO)
(888) 80-NABCO

National Cancer Institute's Cancer Information Service
(800) 4-CANCER

National Cancer Institute's Cancer Information Service-TTY
(800) 332-8615

Y-me National Breast Cancer Organization
(800) 221-2141

Y-me Spanish Language Hotline
(800) 986-9505



To learn more about National Breast Cancer Awareness Month or to order materials, log on to our website at www.nbcam.org, or call us toll-free at (877) 88-NBCAM.

AstraZeneca 
HealthCare Foundation

The National Breast Cancer Awareness Month Campaign is made possible through an educational grant from the AstraZeneca HealthCare Foundation.

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**BREAST
CANCER**

**EARLY
DETECTION
IS A
WOMAN'S
BEST
PROTECTION**



NBCAM

NATIONAL BREAST CANCER
AWARENESS MONTH

BREAST CANCER

Breast cancer is the leading cancer diagnosed in women in America. Each year, more than 182,800 new cases of breast cancer will be diagnosed. More than 40,800 women will die from the disease. The good news is, as more breast cancer is detected early, far fewer women will lose their lives.

EARLY DETECTION

Early detection, followed by up-to-date treatment, provides women with a better chance for long-term freedom from the disease and may prevent the necessity of removing lymph nodes, undergoing radiation or chemotherapy, or removing a breast.

MAMMOGRAPHY SCREENING CLINICAL BREAST EXAMINATION BREAST SELF-EXAMINATION

Women should ask their health care providers about mammography screening.

Mammography (an "x-ray" picture of the breast) is the single most effective method to detect breast changes that may be cancer, long before physical symptoms can be seen or felt. But, it must be done routinely.

As women age, their risk of breast cancer increases. For most women, **high-quality mammography screening should begin at the age of 40**. The exact frequency should be determined by each woman and her doctor.

In addition to the use of mammography, health care providers should also physically examine a woman's breasts (clinical breast examination) at least once a year.

The practice of monthly breast self-examination will alert a woman to any breast changes that may signal the need for a visit to her doctor.

Medicare covers mammography screening for women age 65 and older every year. For more information, please contact the Medicare toll-free hotline at (800) MEDICARE. During October, National Breast Cancer Awareness Month, many facilities offer special programs, including extended hours. Some facilities are also willing to offer services at no charge, at a lower fee, or establish a payment schedule.

IS MAMMOGRAPHY RELIABLE?

The federal government requires that mammography screening performed at more than 10,000 facilities throughout the country is of high quality and reliable. A certificate issued by the U.S. Food and Drug Administration must be displayed prominently at each facility. The U.S. Agency for Health Care Policy and Research has developed the booklet *Things to Know About Quality Mammograms*. This booklet can be obtained at no charge, in English or Spanish, by calling (800) 358-9295. Information for health care professionals is also available.

Para mayor información sobre el cáncer del seno, o para informarse sobre cuando o cómo se puede obtener una mamografía a bajo costo, u otros servicios relacionados con el cáncer, llame gratis a cualesquiera de los siguientes números:



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National Cancer Institute's
Cancer Information Service
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National Cancer Institute's
Cancer Information Service-TTY
(800) 332-8615

Y-me National Breast Cancer Organization
(800) 221-2141

Y-me Línea de emergencia en español
(800) 986-9505



Para mayor información acerca del Mes nacional de la información sobre el cáncer, por favor, llame gratis al teléfono (877) 886-2226, o vea nuestra página en la internet: www.nbcam.org.

AstraZeneca 
HealthCare Foundation

La Campaña del Mes Nacional del Cáncer del Seno está patrocinada por la Fundación AstraZeneca HealthCare Foundation.

**CÁNCER
DEL SENO**

Un Diagnóstico Temprano es la Mejor Protección Para la Mujer



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NATIONAL BREAST CANCER
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El cáncer del seno

El cáncer del seno es el cáncer más común en las mujeres en los Estados Unidos. Más de 182.800 casos serán diagnosticados cada año y más de 40.800 mujeres morirán de esta enfermedad. La buena noticia es que mientras más temprano se detecte el cáncer, muchas menos mujeres perderán su vida.

El diagnóstico temprano

Un diagnóstico temprano seguido de un tratamiento actualizado le da a las mujeres una mejor oportunidad para liberarse por un largo plazo de esta enfermedad y además, puede llegar a prevenir la necesidad de radiación o quimioterapia, o de remover los nódulos linfáticos o el seno. Las mujeres deben hacer averiguaciones sobre las mamografías con sus médicos.

Mamografía

Examen clínico del seno Autoexamen del seno

Las mujeres deben hacer averiguaciones sobre las mamografías con sus médicos.

La mamografía (una radiografía del seno) es el método más efectivo para detectar, mucho antes de que los síntomas físicos se puedan ver o sentir, cualquier cambio en el seno que pudiera llegar a ser cáncer. Pero para lograr esto, las mamografías se deben hacer rutinariamente.

A medida que la mujer envejece aumenta el riesgo del cáncer. La mayoría de las mujeres deben comenzar las mamografías, a partir de la edad de cuarenta años. La frecuencia de las mamografías debe ser determinada por cada mujer de mutuo acuerdo con su médico.

Además del uso de la mamografía, los médicos deben hacer un examen físico del seno de la mujer (examen clínico del seno), por lo menos una vez al año.

La práctica del autoexamen manual del seno puede dar a las mujeres una voz de alerta sobre cualquier cambio en el seno, que podría ser la señal sobre la necesidad de visitar a su médico.

Medicare cubre el gasto de las mamografías para las mujeres mayores de sesenta y cinco años, una vez cada año. Para mayor información, contacte la línea telefónica gratis para emergencias de Medicare (800) MEDICARE. Durante el mes de octubre, el Mes Nacional del Cáncer, muchas instituciones ofrecen programas especiales, incluidos horarios extensos. Además, algunas instituciones están dispuestas a ofrecer sus servicios de forma gratuita, o a bajo costo, o a establecer un programa de pago por cuotas.

¿Son las mamografías de confiar?

El gobierno federal requiere que las mamografías que se efectúan en más de 10.000 instituciones en todo el país, sean confiables y de muy alta calidad. Un certificado que otorga la "U.S. Food and Drug Administration" (el Departamento de Administración de Drogas y Alimentos de los Estados Unidos) debe de ser colocado a la vista del público, en cada institución. La agencia norteamericana llamada "U.S. Agency for Health Care Policy and Research" tiene un folleto titulado Las Cosas que se Deben Saber Sobre los Mamogramas de Calidad. Este folleto se puede obtener gratis, tanto en español como en inglés, llamando al teléfono (800) 358-9295. También aquí se puede obtener información sobre médicos y otros profesionales de la salud.

FACT SHEET

BREAST CANCER: KNOW THE FACTS ABOUT YOUR RISK

What is cancer?

Cancer is a group of diseases that occur when cells become abnormal and divide without control or order. Each organ in the body is made up of various kinds of cells. Cells normally divide in an orderly way to produce more cells only when they are needed. This process helps keep the body healthy. If cells divide when new cells are not needed, they form too much *tissue*. This extra tissue, called a tumor, can be *benign* or *malignant*. Eighty percent of all breast tumors are benign.

Benign tumors are not cancer.

They can usually be removed, and in most cases, they don't come back. Most important, the cells in benign tumors do not invade other tissues and do not spread to other parts of the body. Benign breast tumors are not a threat to life.

Malignant tumors are cancer.

The cancer cells grow and divide out of control, invading and damaging nearby tissues and organs. Cancer cells can also break away from the original tumor and enter the bloodstream or *lymphatic system*. This is how breast cancer spreads and forms secondary tumors in other parts of the body. This spread of cancer is called *metastasis*.

How common is breast cancer in the United States?

Breast cancer is the most common cancer in women, aside from skin cancer. During 2000, an estimated 182,800 new cases of breast cancer are expected to occur among women in the United States. It is the second leading cause of cancer death, after lung cancer. An estimated 40,800 women are expected to die from breast cancer this year.

What are breast cancer "risk factors"?

To predict when and in whom breast cancer will strike, scientists must often think like detectives, looking for clues to signal which women may be more likely than others to develop the disease. These clues are called "risk factors."

Scientific Detectives

To identify risk factors, scientists continually examine various trends and patterns among women worldwide who are diagnosed with the disease. Age, individual and family medical history, reproductive history, genetic alterations, race, economic status, neighborhood and workplace exposures to pollutants, and lifestyle habits are all examples of the factors that can be evaluated. This information tells a scientific story that helps experts predict with some certainty a woman's odds for developing breast cancer. It's important to note, however, that this is not an exact science and that such predictions are not definite.

Having one or two of these risk factors doesn't mean a woman will develop breast cancer (seven out of ten breast cancers occur in women with none of the important risk factors, other than simply being a woman). But *knowing her personal risk factor profile and understanding what it means* will help her and her doctor plan a course of action that may reduce her chances of ever getting the disease or, at least, to detect it in its earliest, most treatable stages.

The most common risk factors.

Age.

The risk of breast cancer increases, as a woman grows older. About 82 percent of breast cancers occur in women age 50 and older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35.

Personal History.

Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.

Family History.

The risk of getting breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.

The Breast Cancer Genes.

Some individuals, both women and men, may be born with an "alteration" (or change) in one of two genes that are important for regulating breast cell growth. Individuals who inherit an alteration in the BRCA1 or BRCA2 gene are at an "inherited" higher risk for breast cancer. They also may pass this alteration on to their children. It is very rare - scientists estimate that only about 5-10 percent of all breast cancers are due to genetic changes. One out of two women with these changes are likely to develop breast cancer. Women with a family history of breast cancer are encouraged to speak to a genetics counselor to determine the pros and cons of genetic testing.

FACT SHEET

The next three risk factors all involve estrogen, a hormone that naturally occurs in every woman. As the time menstruation begins, women start to produce larger amounts of estrogen and will continue to do so until they reach menopause. Estrogen appears to play a key role in breast cancer. Although estrogen doesn't actually cause breast cancer, it may stimulate the growth of cancer cells. Estrogen-related risk factors are:

Having an early first period.

Women who begin menstruating before age 12 are at increased risk of developing breast cancer. The more menstrual cycles a woman has over her lifetime, the more likely she is to get the disease.

Having a first pregnancy after age 25 or 30.

Although early pregnancies may help lower the chances of getting breast cancer, particularly before the age of 25, these same hormonal changes after age 35 may contribute to the incidence of breast cancer.

Having no children.

Women who experience continuous menstrual cycles until menopause are at a higher than average risk.

Other risk factors – and lifestyle choices to avoid them.

Common to all women are daily lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity, alcohol use, and smoking. Besides possibly reducing breast cancer risk, lifestyle improvements represents smart steps for a healthier life, since they can help prevent heart disease, diabetes, and many other chronic, life-threatening conditions.

Decrease your daily fat intake

– especially saturated or hydrogenated fats. Eat leaner meats and limit red meat. Reducing your fat intake helps prevent other health problems, such as heart disease and stroke, and may reduce your chance of developing breast and colon cancers.

Increase fiber in your diet.

Fiber is found in whole grains, vegetables, and fruits. This type of diet is beneficial for your heart, too, and can help prevent other cancers, such as colon cancer.

Eat fresh fruits and vegetables.

In addition to their fiber content, fruits and vegetables have antioxidant properties and micronutrients that may help prevent some cancers.

Limit alcohol.

Evidence suggests that a small increase in risk exists for women who average two or more drinks per day (beer, wine, and distilled liquor).

Stay active.

The U.S. Surgeon General recently reported that you can help prevent many health problems by engaging in a moderate amount of physical activity (such as taking a brisk, 30-minute walk) on most days of the week. Strive to maintain the body weight recommended by a health professional, since excess fat may stimulate estrogen production.

Don't smoke.

Although smoking doesn't cause breast cancer, it can increase the chance of blood clots, heart disease, and other cancers that may spread to the breast.



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