

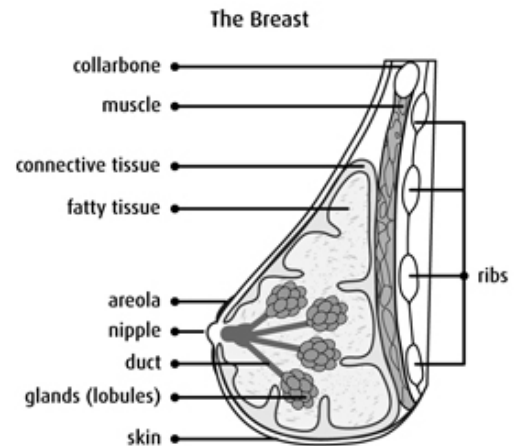
Breast Cancer Awareness

What is Breast Cancer?

Breast cancer starts in the cells of the breast. Breast tissue covers a larger area than just the breast, extending up to the collarbone. Cancer cells may start within the ducts (thin tubes) or in the lobules (glands that produce milk). *Ductal carcinoma* (starting within the ducts) is the most common type of breast cancer.

Risks and Risk Reduction

Currently, the precise causes of breast cancer are not known but the likelihood of developing breast cancer has been linked to a number of risk factors. **A risk factor does not mean you will necessarily develop breast cancer.**



NON-MODIFIABLE RISK FACTORS

- Female
- Over 50 years old
- Personal breast cancer history
- Family history of breast or ovarian cancer
- Proliferative breast conditions
- Dense breast tissue (shown on a mammogram)
- Early menstruation
- Late menopause

MODIFIABLE RISK FACTORS

- Radiation exposure to chest area
- Reproduction after the age of 30
- Breastfeeding
- Have taken hormone replacement therapy
- Have taken birth control pills
- Obese
- Inactive
- Excessive alcohol consumption
- Tobacco Smoke

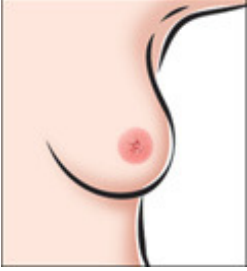
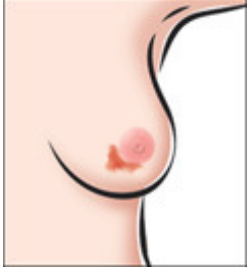
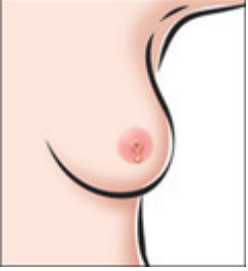
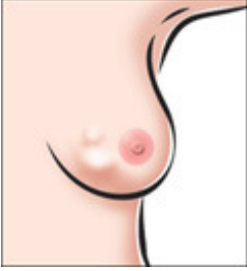
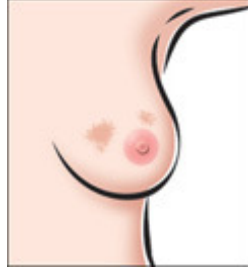
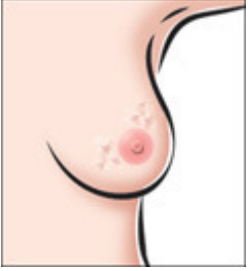
Signs and Symptoms

Most often breast cancer is first noticed as a painless lump in the breast or armpit.

Remember, lumps in the breast are very common, especially just before your period. Most lumps are not breast cancer.

- Changes to the size or shape of one or both breasts.
- Unusual, persistent pain in the breast or armpit area.
- Swelling under the armpit or below the collarbone.

- Nipple changes:

<p>Change in the shape or position of a nipple, or a nipple that becomes pulled inward (inverted).</p> 	<p>Redness.</p> 	<p>Discharge from one or both nipples.</p> 
<p>Lumps or thickening.</p> 	<p>Skin changes, including irritation, rash or scaly skin.</p> 	<p>Dimpling or puckering.</p> 

What Should I Do?

Early detection helps fight breast cancer. While not every lump is cancerous, your chances of getting breast cancer increase once you're fifty. So think of your breasts and **get regular mammograms every two years once you turn 50.** And no matter how old you are, become familiar with your breasts and talk to your healthcare professional if you notice any changes. The Canadian Cancer Society recommends the following breast cancer screening guidelines:

If you are:	You should:
<p>40 to 49</p>	<p>Have a <u>clinical breast examination</u> by a trained healthcare professional at least every 2 years.</p> <p>Talk to your doctor about your risk of breast cancer, along with the <u>benefits and risks of mammography</u>.</p>
<p>50 to 69</p>	<p>Have a clinical breast examination by a trained healthcare professional at least every 2 years.</p> <p>Have a <u>mammogram</u> every 2 years.</p>
<p>70 or older</p>	<p>Talk to your doctor about how often you should be tested for breast cancer.</p>

Ontario Breast Screening Program

The Ontario Breast Screening Program (OBSP) is a comprehensive, organized breast cancer-screening program. Service is provided through dedicated breast screening centres, affiliate sites in hospitals and independent health facilities, as well as a mobile coach.

Women eligible for screening in the OBSP:

- Ontario residents
- 50 years of age and over
- no acute breast symptoms
- no personal history of breast cancer
- have not had a mammogram within the past 12 months
- no current breast implants

The OBSP screens women 50 years of age and over and automatically recalls clients until the age of 74. Clients over the age of 74 are encouraged to consult with their family physician about continued screening. Appointments are booked directly through the OBSP sites. To find an OBSP site please visit www.cancercare.on.ca/obsplocations.

The Ontario Breast Screening Program offers to women 50 years and over:

- mammography
- help to set up extra tests or referrals if your results suggest they are needed
- a reminder to return for your next screening mammogram