

5 Things to Know About Breast Cancer

Breast cancer is one of the most common cancers, but early detection and treatment have helped many people survive. Here's what you need to know:

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Signs to Look For

- A new lump in the breast
- Swelling, redness, or skin changes
- Pain in the breast or nipple
- Nipple changes, like discharge or pulling inward



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Risk Factors

- **Family history:** If close relatives had breast cancer, your risk may be higher.
- **Lifestyle:** Being overweight, not exercising, or drinking alcohol often.
- **Reproductive history:** Starting periods before 12, menopause after 55, or having children later in life.



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Prevention & Early Detection

- **Get checked:** Mammograms can find cancer early when it's easier to treat.
- **Stay healthy:** Eat well, stay active, and drink less alcohol.
- **Know your history:** If breast cancer runs in your family, ask your health care team about genetic testing.



4

Treatment Options

- Surgery to remove cancer
- Radiation therapy to kill cancer cells
- Chemotherapy or hormone therapy to stop cancer from growing
- Targeted therapy to attack cancer cells



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Survival and Hope

- More people are surviving breast cancer than ever before. The 5-year survival rate is around 90% when detected early.
- Research is helping find even better treatments, including new targeted drugs and immunotherapy.



Regular check-ups, knowing your body, and making healthy choices can help lower your risk. If you or a loved one is facing breast cancer, remember—you are not alone. There are many resources and support groups to help. Stay informed, stay strong!