

There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

What is breast cancer?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control.

Cancer cells can also spread, or *metastasize*, to other parts of the body.

SCREENINGS SAVE LIVES

- Early detection of breast cancer dramatically improves treatment outcomes.
- Approximately, 1 out of every 8 women will be diagnosed with breast cancer in their lifetime.
- Every two minutes, one case of breast cancer is diagnosed in a woman, and every 13 minutes, one woman in the U.S. will lose her life to breast cancer in the U.S.
- The 5 year survival rate for women diagnosed with early stage breast cancer (cancer confined to the breast) is now 99%. However, women with metastatic breast cancer (cancer that has spread beyond the breast and nearby to other organs) have a 5 year survival rate of 27%.

What symptoms should I look for?

Some warning signs of breast cancer are:

- 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 the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

What can I do to find breast cancer early?

Breast cancer screening involves checking a woman's breasts for cancer before there are signs or symptoms of the disease.

A *mammogram* is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk for breast cancer and may benefit from beginning screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you're 40 to 49 years old, talk to your health care provider about when to start screening.



101 Things You Should Know About Breast Cancer

John Farndon



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Table of Contents 101 Things You Should Know About Breast Cancer

1. Understanding the eBook 101 Things You Should Know About Breast Cancer
 - The Rise of Digital Reading 101 Things You Should Know About Breast Cancer
 - Advantages of eBooks Over Traditional Books
2. Identifying 101 Things You Should Know About Breast Cancer
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 101 Things You Should Know About Breast Cancer
 - User-Friendly Interface
4. Exploring eBook Recommendations from 101 Things You Should Know About Breast Cancer

- Personalized Recommendations
- 101 Things You Should Know About Breast Cancer User Reviews and Ratings
- 101 Things You Should Know About Breast Cancer and Bestseller Lists
- 5. Accessing 101 Things You Should Know About Breast Cancer Free and Paid eBooks
 - 101 Things You Should Know About Breast Cancer Public Domain eBooks
 - 101 Things You Should Know About Breast Cancer eBook Subscription Services
 - 101 Things You Should Know About Breast Cancer Budget-Friendly Options
- 6. Navigating 101 Things You Should Know About Breast Cancer eBook Formats
 - ePub, PDF, MOBI, and More
 - 101 Things You Should Know About Breast Cancer Compatibility with Devices
 - 101 Things You Should Know About Breast Cancer Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 101 Things You Should Know About Breast Cancer
 - Highlighting and Note-Taking 101 Things You Should Know About Breast Cancer
 - Interactive Elements 101 Things You Should Know About Breast Cancer
- 8. Staying Engaged with 101 Things You Should Know About Breast Cancer
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 101 Things You Should Know About Breast Cancer
- 9. Balancing eBooks and Physical Books 101 Things You Should Know About Breast Cancer
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 101 Things You Should Know About Breast Cancer
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 101 Things You Should Know About Breast Cancer
 - Setting Reading Goals 101 Things You Should Know About Breast Cancer
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 101 Things You Should Know About Breast Cancer

- Fact-Checking eBook Content of 101 Things You Should Know About Breast Cancer
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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