

October is

Breast Cancer

Awareness Month

HOPE



Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.



What Causes Cancer to Develop?

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body.

Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

For more information visit: www.nationalbreastcancer.org



EARLY DETECTION

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive about your breast health.

What Type of Mammogram to Schedule

Screening mammogram: If you do not have any symptoms or pain, and just need your yearly mammogram.

Diagnostic mammogram: If you have continuous and persistent pain, redness, a lump, discharge, or other concerns that need to be evaluated. Diagnostic mammograms are also done after irregular findings in a routine screening mammogram.

For more information on Early Detection and how to schedule a Mammogram, visit: www.nationalbreastcancer.org





Breast Cancer Treatment

The goal of treating early and locally-advanced breast cancers is to get rid of the cancer and keep it from coming back.

Treatment includes some combination of:

- Surgery
- Radiation therapy
- Chemotherapy
- Hormone therapy
- HER2-targeted therapy
- CDK4/6 inhibitor therapy
- Immunotherapy
- PARP inhibitor therapy

These treatments are designed to remove the cancer from the breast and destroy any cancer that might still be in the body.

Your Breast Cancer Treatment Plan

Your breast cancer treatment plan is based on both medical and personal choices. Together, you and your health care provider make treatment decisions. Because of the differences between tumors and between people, your treatment plan may differ from someone else's, even though you both have breast cancer. After you get a recommended treatment plan from your health care provider, study your treatment options. Talk to those closest to you. Consider getting a second opinion. Make thoughtful, informed decisions that are best for you. Each treatment option has risks and benefits to consider along with your own values and lifestyle.

For more information visit: www.komen.org