Breast Cancer Facts

- Breast cancer is the most common cancer among women.
- Breast cancer is the second leading cause of cancer death among women.
- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.

Breast Cancer in Tennessee

- More than 4,700 women are diagnosed with breast cancer annually in Tennessee.
- Women in Tennessee are more likely to die from breast cancer than women in the rest of the United States.
- About 900 women die from breast cancer annually in Tennessee.

Source: U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999-2014 Incidence and Mortality Web-based Report. Available at: cdc.gov/uscs.

Tennessee Breast and Cervical Screening Program

If you are uninsured, have limited income, and are age 40 or older, you may be eligible for free breast cancer screening through your local health department.

Call the Tennessee Breast and Cervical Screening Program at 1-877-969-6636

For local information on women's health, contact:

Funding provided by Tennessee Breast and Cervical Screening Program

Visit the following websites for more information on breast health:

Tennessee Breast and Cervical Screening Program: tn.gov/health/health-program-areas/fhw/mch-cancer.html

Centers for Disease Control and Prevention: cdc.gov/cancer/breast

Susan G. Komen for the Cure: ww5.komen.org

American Cancer Society: cancer.org/cancer/breast-cancer.html

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Breast Cancer

What You Should Know

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What is breast cancer?

Cancer occurs when cells in the body grow out of control. Breast cancer is a type of cancer that starts in the breast.

Breast Changes

Most changes in the breast are not cancer. If you experience any of the following changes, consult your health care provider:

- A lump or firm feeling in the breast or underarm area.
- Fluid or discharge coming out of the nipple.
- Pulling in of the nipple.
- Skin changes on the breast, such as dimpling, redness or swelling.

Many women with breast cancer have no symptoms.

What is the cause of breast cancer?

The exact cause of breast cancer is unknown. However, some conditions, known as risk factors, increase the chance of getting breast cancer.

Risk Factors

- Changes in certain genes.
- Family history of breast cancer (especially at a young age) in mother, sister or daughter.
- Radiation therapy: Exposure of breasts to radiation therapy before age 30.
- Personal history of breast cancer.
- Getting older.
- Longer exposure to estrogen, including:
  - First menstrual period before age 12.
  - Birth of first child after age 30, or never having given birth.
  - Beginning menopause after age 55.
  - Use of combined hormone therapy after menopause for more than five years.
- Drinking alcohol.
- Being overweight/obese.

Many women with breast cancer have no known risk factors, other than being female.

How can I decrease my risk of breast cancer?

Breast Cancer Screening

Breast cancer screening means checking breasts for cancer before experiencing any symptoms. The earlier breast cancer is found, the better treatment outcomes will be.

Talk to your doctor about screening strategies that are best for you, including clinical breast exams and mammograms (X-ray picture of the breast).

Lifestyle Modifications

- Limit drinking alcohol.
- Be physically active.
- Maintain a healthy weight.
- Eat healthy.
- Don't smoke.