



OFFICE OF CANCER HEALTH EQUITY

Let us know how we can help you!

- ▶ Education sessions
- ▶ Community outreach
- ▶ Cancer navigation that is appropriate to both language and culture

Call **336-713-3665** or email **CancerEquity@wakehealth.edu** to learn more about the Office of Cancer Health Equity or to schedule an education session.

To make an appointment:

888-716-WAKE \ WakeHealth.edu

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Comprehensive Cancer Center

Office of Cancer Health Equity
Medical Center Boulevard
Winston-Salem, NC 27157

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KNOW YOUR BODY

A Quick Guide to Breast Cancer



1 in 8 women will be diagnosed with breast cancer in their lifetime. Knowing more may **save your life.**

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TREATMENTS

- ▶ Some options include chemotherapy, radiation or hormonal therapy, with the most common being surgery.
- ▶ General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.
- ▶ To learn more about current clinical trials, visit **WakeHealth.edu/BelInvolved**.

ADDITIONAL RESOURCES AVAILABLE AT:

Centers for Disease Control and Prevention:
[cdc.gov/Features/BreastCancerAwareness/](https://www.cdc.gov/Features/BreastCancerAwareness/)

National Cancer Institute: [cancer.gov](https://www.cancer.gov)

American Cancer Society: [cancer.org](https://www.cancer.org)

Susan G. Komen for the Cure[®]: [komen.org](https://www.komen.org)

The National Breast Cancer Foundation:
[nationalbreastcancer.org](https://www.nationalbreastcancer.org)

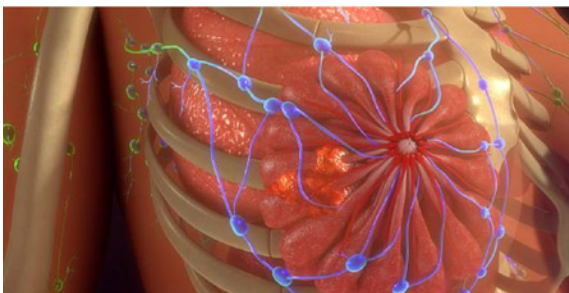
What is Breast Cancer?

Breast cancer begins when abnormal cells develop in the breast, that can then form tumors which can eventually spread to other parts of the body. While breast cancer is most common in women, it can occur in men as well. Being a woman and getting older increases your risk of developing the disease.

SYMPTOMS

Early breast cancer does not usually cause symptoms. Know what is normal for you—know what your breasts normally look and feel like. See a health care provider if you notice any change in your breast that does not go away within two weeks or after your next period.

- ▶ Change in How the Breast Feels:
 - Nipple tenderness
 - Lumps
 - Enlarged pores
- ▶ Change in Breast Appearance:
 - Dimpling
 - Shrinking or swelling
 - Inverted nipple (pointing inward)
- ▶ Nipple Discharge:
 - Clear or bloody discharge



WHAT CAN I DO?



SCREENING

Checking for cancer before there are symptoms or a lump is called screening. The main tests used to screen for breast cancer are mammograms, an x-ray picture of the breast, and clinical breast exams, an exam of the breast done by your health care provider. Mammograms are important because they can detect breast cancer early—before you can feel it—so it's important that women get screened for breast cancer.

Screening recommendations for women at average risk include:

- ▶ Clinical breast exam starting at age 25
- ▶ Mammograms every 1-2 years starting at age 40
- ▶ People with a family history of breast cancer or at higher risk may need to start screening earlier and more frequently. Talk to your health care provider about a personal plan.

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