

Breast Health— Awareness and Early Detection

Why are we concerned about breast cancer?

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can also get it.

Why is it important to maintain good breast health?

In addition to watching what you eat, other lifestyle changes like exercising regularly, getting enough sleep, quitting smoking, maintaining a healthy weight, may also lower your risk of developing breast cancer.



Why is early detection of breast cancer so important?

Finding the cancer before it causes noticeable symptoms is key to successful treatment. It significantly increases a women's chance of survival by allowing for treatment when the cancer is smaller, less likely to have spread, and therefore easier to cure. It often requires less invasive procedures with better outcomes.

What can I do to prevent breast cancer?

Routine breast self exams are important. Screening tests by a doctor help find breast cancer early and increase survival chances. A mammogram is a safe X-ray exam of the breast and should be done every year starting at age 40.

For more information visit: www.cdc.gov/breast-cancer/index.html or speak to your medical provider for treatment, testing, and prevention.



3/25

Health  Whys
A public health message from
BlueRidgeHD.org



Breast Health— Awareness and Early Detection

Why are we concerned about breast cancer?

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can also get it.

Why is it important to maintain good breast health?

In addition to watching what you eat, other lifestyle changes like exercising regularly, getting enough sleep, quitting smoking, maintaining a healthy weight, may also lower your risk of developing breast cancer.



Why is early detection of breast cancer so important?

Finding the cancer before it causes noticeable symptoms is key to successful treatment. It significantly increases a women's chance of survival by allowing for treatment when the cancer is smaller, less likely to have spread, and therefore easier to cure. It often requires less invasive procedures with better outcomes.

What can I do to prevent breast cancer?

Routine breast self exams are important. Screening tests by a doctor help find breast cancer early and increase survival chances. A mammogram is a safe X-ray exam of the breast and should be done every year starting at age 40.

For more information visit: www.cdc.gov/breast-cancer/index.html or speak to your medical provider for treatment, testing, and prevention.



3/25

Health  Whys
A public health message from
BlueRidgeHD.org

