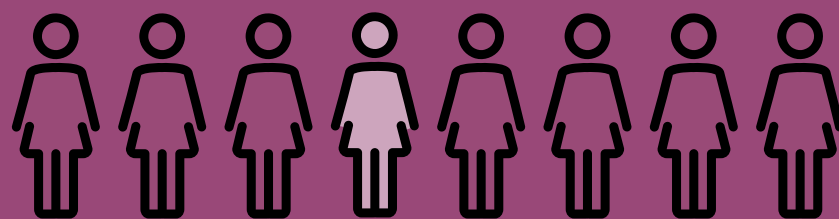




Breast Cancer Basics

1 IN 8 WOMEN ARE DIAGNOSED WITH BREAST CANCER. UNDERSTANDING THIS DISEASE IS KEY TO PROTECTING YOUR HEALTH.



Breast cancer is one of the most common cancer diagnoses in women nationwide. In fact, breast cancer accounts for approximately 30% of new cancer diagnoses. Though rare, men can have breast cancer too. In 2021, approximately 2,650 men were diagnosed with the disease.

The following factors may increase your risk of breast cancer:

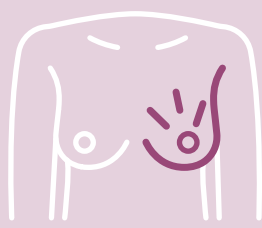
Dense breast tissue increases your risk for breast cancer, plus it may make it harder to see tumors on a mammogram.

Genetic mutations in the BRCA1 and BRCA2 genes increase the risk for breast and ovarian cancer, but genetics only play a role in about 10% of all cases.

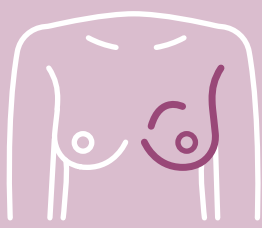
Family history of breast or ovarian cancer increases a woman's risk.

Spot the Signs

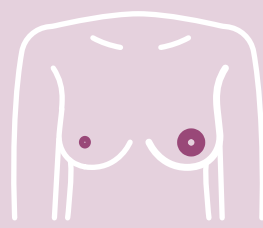
Possible symptoms of breast cancer include:



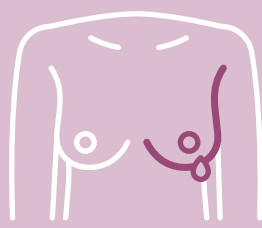
Breast or nipple pain



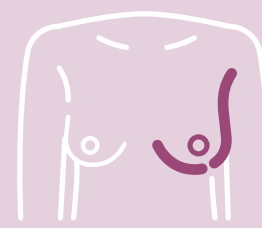
Lump or mass in the breast



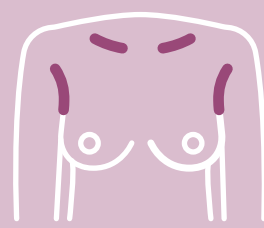
Nipples turned inward or with abnormal skin



Nipple discharge



Swelling of all or part of the breast



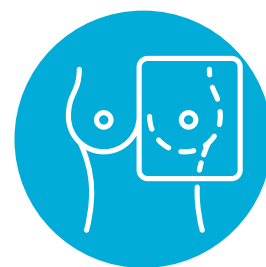
Swollen lymph nodes near or around the breast

What You Can Do

Some risk factors for breast cancer, including genetics, dense breast tissue, or your age, cannot be prevented. Yet, regular screenings can reduce your risk.



Conduct self-checks monthly. Familiarize yourself with your breasts so you can recognize any changes.



Receive regular mammograms, MRIs, and ultrasounds. Breast cancer screening helps detect the disease earlier when it's more treatable.

Learn more about breast cancer treatment at Rocky Mountain Breast Specialists by visiting RockyMountainBreastSpecialists.com.

