

# One STEP Ahead of breast cancer



October | Join us by registering at: [ascension.org/GaviniCancer](https://ascension.org/GaviniCancer)

Breast cancer, a disease in which breast cells grow out of control, is the most common form of cancer affecting women in the United States. Research suggests 1 in 8 women will experience breast cancer in her lifetime.

This year, approximately 297,790 new cases of invasive breast cancer will be diagnosed, and roughly 43,700 women will not survive their breast cancer battle, according to the American Cancer Society.

Together, we can fight this disease by continuing to educate ourselves on the signs and symptoms of breast cancer, performing regular self-breast exams, and getting annual breast screenings.

## Signs and symptoms include:

- A breast lump or thickening of breast tissue
- Change in size, shape or appearance of breast
- Inverted nipple
- Peeling, scaling or flaking of pigmented skin
- Redness or pitting of the skin, similar to the skin of an orange

## Nonmodifiable risk factors include:

### (Risk factors you can't change)

- Genetic mutations (BRCA1, BRCA2)
- Age
- Reproductive history (first menstrual cycle before age 12; menopause after age 55)
- Dense breasts
- Personal history of noncancerous breast diseases
- Family history of:
  1. Breast or ovarian cancer in a first-degree relative (such as sister, mother or daughter)
  2. Breast or ovarian cancer in multiple people on one side of your family
  3. Breast cancer in a male family member
- Exposure to DES (diethylstilbestrol) in utero
- Radiation therapy to chest wall

## Modifiable risk factors include:

### (Risk factors you can change)

- Lack of exercise
- Obesity or overweight, especially after menopause
- Hormone use, such as oral birth control or hormone replacement therapy after menopause
- Diet high in processed foods, fat, and animal products, especially dairy
- Alcohol consumption



## Prevention and early detection

### Mammography

A mammogram is a painless exam that uses computer imaging to take pictures of the breast tissue in order to diagnose breast cancer.

Mammograms have been shown to detect breast cancer approximately two years before it is palpable, or can be felt with a self-exam. Early detection often means a better prognosis. Women should get regular mammograms beginning at age 40. However, those who notice any changes to the breast or have a family history of breast cancer may need earlier screenings.

### Tyrer-Cuzick Risk Assessment

The Tyrer-Cuzick Risk Assessment helps you understand risk factors for developing breast cancer during your lifetime. We are here to discuss the test and assist in specific measures to help you decrease personal risk factors.

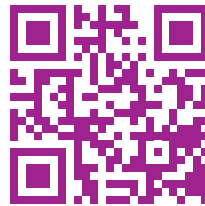
### Next steps:



Register for the October  
STEP Ahead virtual seminar at  
[ascension.org/GaviniCancer](https://ascension.org/GaviniCancer).  
For more information, call  
248-849-2781.

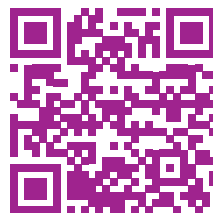
### Learn more:

[cancer.org/breastcancer](https://cancer.org/breastcancer)



### Schedule a mammogram:

[ascension.org/MichiganMammogram](https://ascension.org/MichiganMammogram)



### Understand your Tyrer-Cuzick score:

[ascension.org/GaviniCancer](https://ascension.org/GaviniCancer)

