

## My Action Plan

- I will check my family history for breast cancer.
- I will be alert for breast cancer symptoms.
- I will talk to my doctor about breast health.
- I will review my lifestyle and make changes for better health.

## What can I do to protect myself from Breast Cancer?

- Exercise on a regular basis.
- Get to and stay at a healthy weight throughout life.
- Limit or reduce alcoholic drinks.
- If you can, avoid hormone therapy.



## Where can I get more information?

**For an appointment call**  
1-888-369-2427 (888-FOX-CHASE)  
or visit [www.foxchase.org](http://www.foxchase.org)

**Philip E. and Naomi P. Lippincott  
Resource and Education Center**  
215-214-1618  
[recstaff@fcc.edu](mailto:recstaff@fcc.edu)



OFFICE OF COMMUNITY  
OUTREACH AND  
ENGAGEMENT



Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-discrimination notice: It is the policy of Fox Chase Cancer Center, that there shall be no exclusion from, or participation in, and no one denied the benefits of, the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.

© Fox Chase Cancer Center. All rights reserved 11/2024



# Breast Cancer

**Know the Facts...**



## Am I at risk for Breast Cancer?

There is no way to know for sure if you are going to get breast cancer. Certain things raise your chances of getting it. These are called risk factors. Check your risk factors for breast cancer below:

- My mother, sister, or daughter had breast cancer
- I am a woman over 40
- I've never had children or had children later in life (after 30)
- I started menstruating (getting a period) at an early age — before age 12
- I started menopause at a later age (after 55)
- I have taken estrogen replacement therapy for many years
- I have dense breast tissue
- I had treatment with radiation therapy to the breast/chest
- I have a history of noncancerous breast disease
- I have inherited changes in the BRCA1 and BRCA2 genes or in other genes that increase the risk of breast cancer
- I am overweight or obese

If you *checked any* of these risk factors, you may be at risk for breast cancer.



## What are the symptoms of Breast Cancer?

Studies show that even early-stage breast cancer can cause these symptoms:

- A change in size or shape of the breast
- A lump or swelling in or near the breast or in the underarm area
- Fluid from the nipple other than breast milk
- Skin irritation or dimpling
- Nipple pain or inverted nipple

## Why should I be concerned about Breast Cancer?

Breast cancer is the most common cancer in women, regardless of race or ethnic background.

You should be aware of and report any breast changes that are not normal to you. The number of symptoms you have and how often you have them are key factors in the diagnosis of breast cancer.

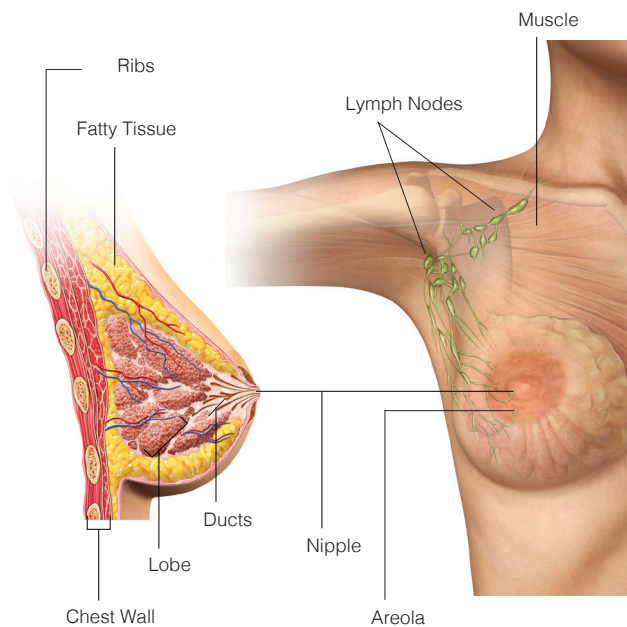
## What are the screening tests for Breast Cancer?

Screening refers to tests used to find a disease, like cancer, in people who do not have any symptoms. The goal of screening is to find cancer before it starts to cause symptoms.

### Mammogram

A mammogram is an X-ray of the breast. It helps your doctor find changes in the breast two years before these changes can be felt by a clinical or self-exam.

If you are a woman, 40 years and older, and are in good health, have a mammogram every year!



Anatomy of the female breast