

BREAST CANCER

What is breast cancer?

Breast cancer is a malignant (cancer) tumor that starts from cells in the breast. It is mostly found in women, but men can also get breast cancer.



AZ Fast Fact

Breast cancer is the second leading cause of cancer death among women in Arizona.¹

Who has breast cancer in Arizona?

About 3,400 Arizona women will be diagnosed with breast cancer in a year.² This is the most common cancer among women making up nearly a quarter of all diagnoses.³

What are the signs and symptoms of breast cancer?

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk
- Any change in the size or the shape of the breast
- Pain in any area of the breast

What are the risk factors for breast cancer?

- Getting older
- Starting menopause at a later age
- Being older at the birth of your first child
- Never giving birth
- Not breastfeeding
- Having changes in breast cancer related genes
- Using birth control pills
- Personal history of breast cancer or some non-cancerous breast diseases
- Family history of breast cancer (mother, sister, daughter)
- Being overweight after menopause
- Long-term use of hormone replacement therapy (estrogen and progesterone combined)
- Being younger when you first had your menstrual period
- Drinking alcohol (more than one drink a day)
- Not getting regular exercise

What can I do about it?

A mammogram is an x-ray of the breast and is used to detect breast cancer. The earlier breast cancer is found, the better the chances that treatment will work. Women age 40 and older should have a screening mammogram every year. If caught early, women have a 98% chance of beating breast cancer.

What is Arizona doing?

Arizona participates in several programs that work to help prevent or control breast cancer, including:

- **ADHS Well Women HealthCheck: wellwomanhealthcheck.org**
This program provides quality breast cancer screening and diagnostic services to low-income, uninsured and underserved women. These services can help find breast and cervical cancer at the earliest stages.
- **Arizona Comprehensive Cancer Control Program: azcancercontrol.gov**
This program, part of the ADHS Bureau of Tobacco and Chronic Disease, works to help lower the number of people in Arizona getting cancer. It also works to allow people who do get cancer to get better treatment and have a better quality of life.
- **ADHS Bureau of Nutrition and Physical Activity: eatsmartgetactive.org**
This program helps prevent and control chronic health problems with programs that help people be physically active and stay healthy.

Further information and resources

American Cancer Society
cancer.org

A comprehensive web-based resource for those affected by cancer, including patients, family, friends, survivors, caregivers, health information seekers, professionals, donors and volunteers.

Arizona Cancer Coalition
azcancercontrol.gov

For more information on how to get involved locally in cancer prevention and control efforts, please contact the Arizona Cancer Control Program and the Arizona Cancer Coalition at the link above.

Centers for Disease Control and Prevention
cdc.gov/cancer/breast

An online source for credible health information, including basic information about breast cancer, breast cancer screening and breast cancer research.

Arizona Health Matters
arizonahealthmatters.org

An interactive website that provides information about community health, including health indicators by county and zip code.



Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com