

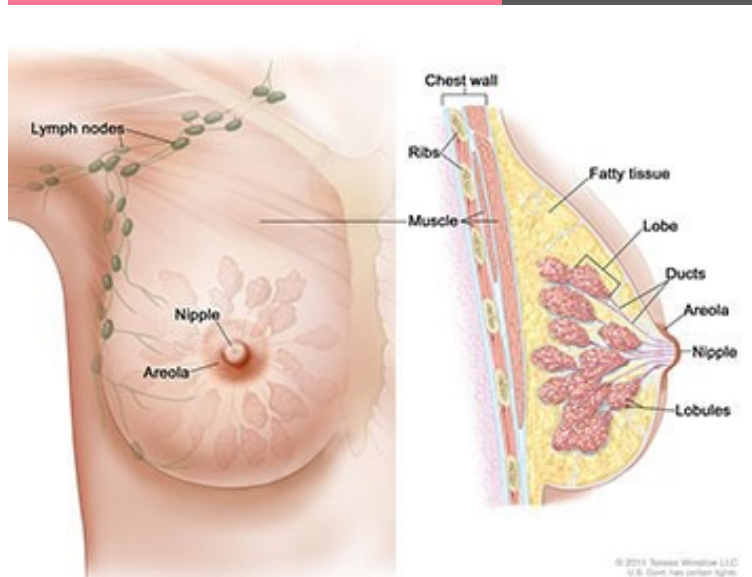
Breast Cancer & American Indians



- Breast cancer is the most common cancer found in American Indian women in Oklahoma.
- Breast cancer is the second leading cause of cancer death among American Indian women in Oklahoma.

Source: Oklahoma Central Cancer Registry, 2007 -2012.

BREAST CANCER DEVELOPEMENT



1. Abnormal cells begin to grow in the breast; most commonly in the lobules or ducts, but can start in different parts of the breast.

2. If undetected, cancer cells can spread to nearby tissue.

3. Cancer can spread to other organs of the body, such as lungs, liver, bones, or brain, via lymph vessels or blood.

Source: <http://ww5.komen.org/BreastCancer/WhatIsBreastCancer.html>

WARNING SIGNS OF BREAST CANCER:

- Blood-like discharge from a nipple
- Change in the shape of the nipple or pain in the nipple area
- Pain in the breast
- Thickness or swelling in an area of the breast
- Change in the shape or size of the breast
- Irritation or a dimple in the skin of the breast
- Lump in the breast or under the arm (armpit)
- Redness or peeling skin in the nipple area or breast

Source: https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm

WHAT CAN INCREASE YOUR RISK:

- History of breast cancer or other breast disease
- Family history of breast cancer
- First menstrual period at an early age
- Being overweight or gaining weight as an adult
- Lack of exercise
- Use of birth control pills
- Drinking alcohol
- Breast that shows thickness on mammogram
- Older age at menopause (55 or older)
- Never having children or having your child after age 35
- Using hormone treatment for a long time
- Treatment with radiation therapy to the chest or breast

Source: <http://ww5.komen.org/BreastCancer/LowerYourRisk.html>

Protect Yourself From Breast Cancer:

Know Your Risk

Learn about your family history of breast cancer

Talk with your doctor about your personal risk

Get Screened

Mammogram every 2 years for women at average risk ages 50-74*

High-risk women talk with provider about screening schedule

Make Healthy Choices

Exercise regularly

Limit alcohol use

Maintain a healthy weight

Breastfeed, if possible

Be Aware

Check breasts for lumps, changes in size or shape, and other changes

Call your doctor as soon as possible if any changes are noted

*Recommended by the U.S. Services Task Force

Source: <http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html>

SCREENING / EARLY DETECTION:

Screening checks for a disease before there are signs or symptoms. There are three main kinds of breast cancer screenings:

Mammogram:

X-ray of the breast to detect cancer. It is the best way to find breast cancer early. If you are 40-49 years old, talk to your doctor about when & how often to have a mammogram*.

Clinical Breast Exam:

An examination is done by a doctor or nurse with the hands to check for lumps or other changes. Perform at least every 3 years starting at age 20, & every year starting at age 40.

Breast Self-Exam:

A check you do on yourself with your hands to feel for lumps or changes in the breasts and underarm (armpit). It is important to know how your breasts normally look and feel. If you notice any changes, see your doctor.

*Recommended by the U.S. Services Task Force

Source: <http://ww5.komen.org/breastcancer/earlydetectionampscreening.html>

**BREAST CANCER CAN DEVELOP WITHOUT SYMPTOMS.
DO NOT WAIT TO BE SCREENED.**