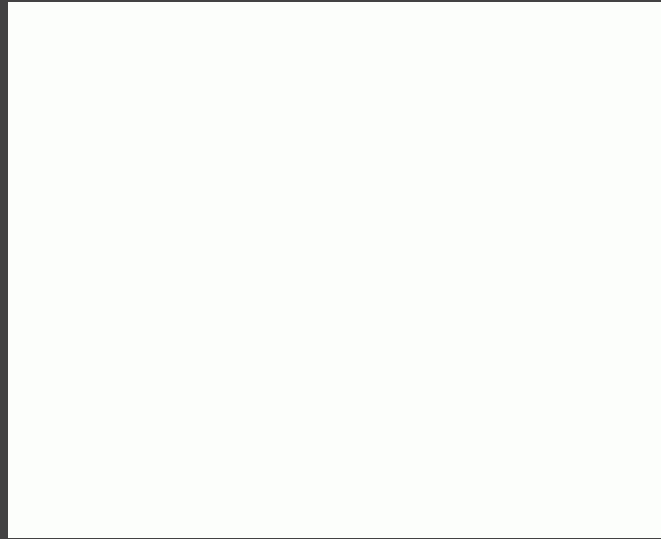


Breast Cancer Awareness Month

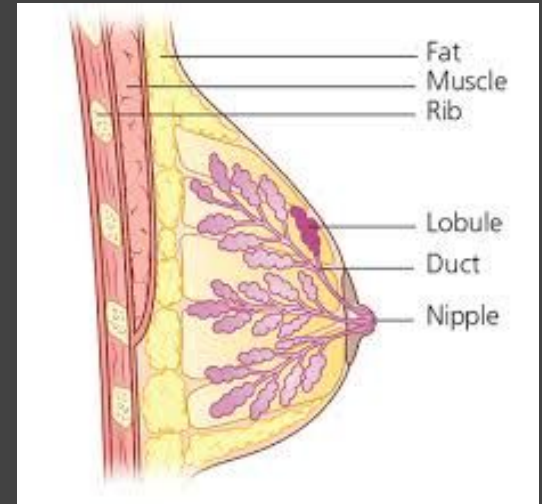


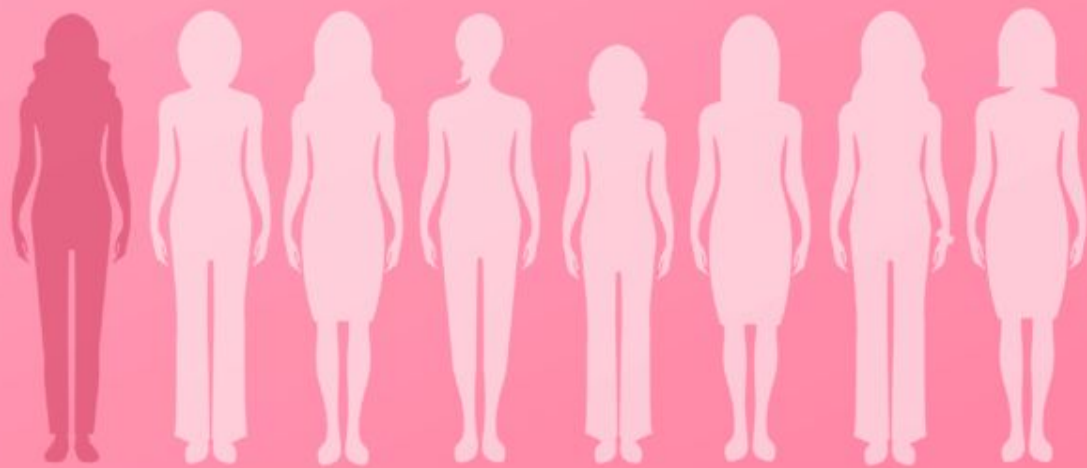
What is breast cancer?

Breast cancer is often referred to one disease but there are many types. These differences can affect your treatment option and survival

All breast cancer start in the breast but they can:

- Very in location (lobules or ducts)
- Be non-invasive (stage 0) or invasive (stages 1 - 4)
- Have a different appearance (such as inflammatory breast cancer)
- Have different tumor characteristics (biomarkers)





1 IN 8 WOMEN

in the United States will develop
breast cancer in her lifetime.

WHAT EVERY WOMAN SHOULD KNOW ABOUT MAMMOGRAPHY SCREENING

1 Screening mammograms save lives

Screening mammography prevents deaths from breast cancer through early detection. This is supported by clear evidence from studies showing lower breast cancer deaths in women who had screening mammograms compared to those who did not.

2 Regular screenings make a difference

The most breast cancer deaths are prevented and lives saved when screening mammography is performed annually beginning at age 40.

3 Early detection reduces severity of treatment

Early detection with mammography not only saves lives but also reduces the severity of treatment that women with breast cancer must undergo. Studies have demonstrated that women whose breast cancers are found with screening mammography are less likely to have more intensive treatment such as mastectomy or chemotherapy.

4 Results aren't always right

The primary limitations of screening mammography are that it will not find all cancers and may require some additional testing for non-cancers. Physicians and scientists continue to work to improve breast cancer screening methods. One example is digital breast tomosynthesis (DBT), a new 3-D technique for performing screening mammography that is now available. DBT is a more accurate mammogram which directly addresses the limitations of standard mammography.



#ENDTHECONFUSION

1 in 6

Breast cancers occur in women between the ages of 40-49.

3/4

of women diagnosed with breast cancer have no family history of the disease and are not considered high risk.



Even for women 50+, skipping a mammogram every other year would miss up to 30% of cancers.



The years of life lost to breast cancer are highest for women in their 40s.

40%

of all the years of life saved by mammography are among women in their 40s.

Who and when to get screened

- Women ages **40-65** should start getting annual screening with a mammogram
- Women can start receiving a Clinical Breast Exams as early as age 20 depending on risk factors. Usually they starts around age 25ish
- Transmasculine (female-to-male) individuals who have not had a bilateral mastectomy should get an annual screening
- Transfeminine (male-to-female) individuals aged 50+ with at least 5 years of feminizing hormone use should have mammograms every two years and should discuss screening and risk factors with their provider

Breast Cancer: True or False

Breast cancer doesn't run in my family, so I don't need to be screened.



Breast Cancer: True or False

A lump can be a sign of breast cancer but not all lumps are cancer.



Breast Cancer: True or False

I do monthly breast self-exams, so I don't need a mammogram.



Breast Cancer: True or False

Wearing a bra causes breast cancer.



THE ONLY THING STRONGER THAN FEAR.

Breast Cancer: True or False

MRI is better than a mammogram because it finds more cancer.

CPEST: Cancer Prevention Education Screening and Treatment

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YOU GOT THIS!

