



### What is breast cancer?

Breast cancer is cancer that starts in your breast.

Breast cancer can affect the breast and surrounding area. The surrounding area extends to your breastbone, up to your collarbone and into your underarm.

In Wisconsin, breast cancer is the most commonly diagnosed cancer among women. Breast cancer affects 1 in 8 women during their lives.

Breast cancer can occur in both men and women, although male breast cancer is rare.

### How can I prevent breast cancer?

You can lower your chance of developing breast cancer by making healthy choices.

- Eat lots of fruits and vegetables
- Limit foods high in saturated fat (red meat, fried food)
- Be active and have a healthy body weight
- Limit alcoholic drinks

### What are the possible symptoms of breast cancer?

In its early stages, breast cancer may have no symptoms. As breast cancer develops, you may experience:

- A lump near your breast or underarm area
- Change in size or shape of your breast
- A nipple turned inward into your breast
- Fluid from your nipple
- Scaly, red or swollen skin on your breast

Talk to your health care provider if you experience any of these symptoms. These symptoms may be caused by something other than cancer, but the only way to know what is causing them is to talk with your health care provider about them.



# Breast Cancer

## Are there screening tests that can help find breast cancer early?

Yes, a mammogram can find breast cancer early when it is most treatable, before there are symptoms such as a lump. A mammogram is an x-ray picture of the breast. It is considered the best test for breast cancer screening.



The American Cancer Society recommends that:

- Women ages 40 to 44 can start to have mammograms every year if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

If you have a mother, father, brother, sister or grandmother who had breast cancer, you may need to begin having breast cancer screening at a younger age. Talk to your health care provider about when to start breast cancer screening.

## Where can I get more information?

The National Cancer Institute provides accurate and up-to-date information about breast cancer, other cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

The Wisconsin Well Woman Program (WWWP) provides preventative health screening services to women with little or no health insurance coverage. The program pays for mammograms and Pap tests. Please contact a WWWP Coordinator for more information about the WWWP, and income and age requirements.

**Phone:** 608-266-1865

**Website:** [www.dhs.wisconsin.gov/womenshealth/wwwp](http://www.dhs.wisconsin.gov/womenshealth/wwwp)

**For more local information, please contact:**

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[ruralcancernetwork.org](http://ruralcancernetwork.org)



**Cancer Health  
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