

What is Breast Cancer?

Breast cancer is a product of uncontrolled cell division in the breast tissues.

Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. (Some tumors are aggressive and grow much faster.)

Between **50-75 percent of breast cancers** begin in the **milk ducts**, about 10-15 percent begin in the lobules and a few begin in other breast tissues



Warriors of Hope

Symptoms of Breast Cancer



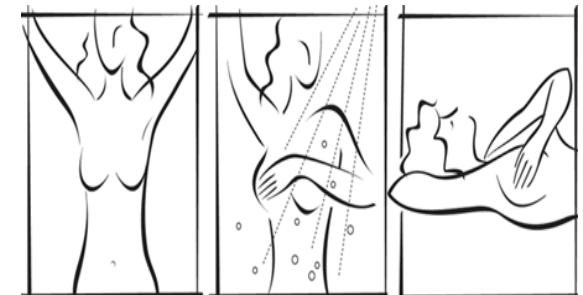
Risk Factors

- ◆ Being **female**
- ◆ Getting **older**
- ◆ A **personal history** of breast cancer
- ◆ A **family history** of breast cancer
- ◆ **Radiation** exposure
 - ◆ **Obesity**



Prevention & Early Detection

Self-Breast Exam (Know Your Breast)

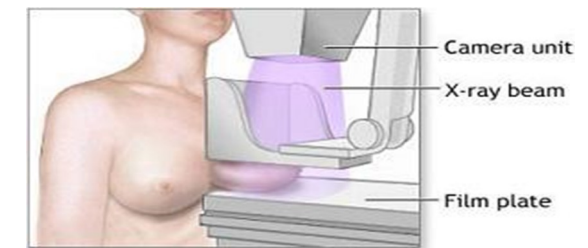


Clinical Breast Exam (CBE)

- ◆ **20-39 years old:** need to get one every 3 Years
- ◆ **40 yrs. or older:** once/Year



Mammogram: Every year: 40 years and older



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position

Recommendations

Have a **mammogram every year starting at age 40** if you are a woman at average risk for breast cancer.

Talk to your doctor about your personal risk of breast cancer

Interesting Facts

Breast Cancer in the United States. **One in eight women** in the United States will be **diagnosed with breast cancer** in her lifetime. Breast cancer is the most commonly diagnosed cancer in women. **Breast cancer is the second leading cause of cancer death among women**

Survival Rate: Usually measured in 5 year increments. The **five-year survival rate** is the percentage of **people who survive at least 5 year** after the cancer is found.

For all stages combined, the rate for breast cancer is **89%**

Resources

Milwaukee Consortium for
Hmong Health Inc.

www.mkehmonghealth.com

Office: 414-212-8087

Address: 1802 West Walnut Street
Milwaukee, WI 53205

Email: MkeHmonghealth@gmail.com

Wisconsin Well Woman Program

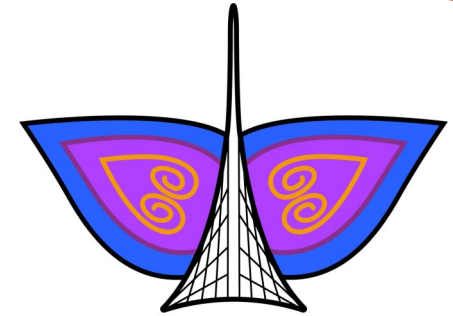
Prevent Cancer Foundation

American Cancer Society

CDC.gov



Questions or comments,
feel free to contact us.
Our **Community Health Workers** are glad to help you find resources in the community!



MILWAUKEE CONSORTIUM
FOR HMONG HEALTH, INC.

Breast Cancer



What It Is and How It Affects You

