

Breast Cancer: What you Need to Know

What Is Breast Cancer?

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too



What Causes Breast Cancer?

Some things can increase your chance, or risk, of getting breast cancer:

- Increasing age
- Personal history of breast cancer
- A family history of breast cancer
- In a few cases, breast cancer is inherited due to genetic factors

What Can I Do To Lower My Chances Of Getting Breast Cancer?

The following things lower your risk of getting breast cancer:

- Limiting alcohol intake
- Routine exercise
- Maintaining a healthy body weight

How Do I Find Breast Cancer Early?

Talk to your health care provider about your risk for breast cancer and breast cancer screening. The two of you can decide on a screening schedule that works best for you.

Call Your Doctor if You Have any Signs or Symptoms

- Bloody oozing from the nipple
- A breast lump or thickening that feels different from surrounding tissue
- Changes to the skin over the breast such as dimpled skin
- Inverted nipple
- Change in the size or shape of a breast
- Peeling, scaling, or flaking of the nipple or breast skin

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More information:

American Cancer Society:
[Breast Cancer Information](#)

National Cancer Institute:
[Breast Cancer- Patient Version](#)

Need help getting screened for breast cancer or scheduling a screening appointment?

For women who cannot afford or need assistance in scheduling a mammogram, the Breast and Cervical Cancer Control Navigation Program may be able to help. For more information about the BCCCNP, please call toll free: 844-446-8727

Facts about Breast Cancer

Estimated 2017 Breast Cancer Diagnoses and Deaths in Michigan:

New Diagnoses:
8,160

Deaths:
1,410

From: [American Cancer Society Cancer Statistics Center Michigan at a Glance](#)