



# Spotting All the Signs of Breast Cancer

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# Why is Breast Cancer Screening Important?

- Breast cancer is more easily treated and more likely to be cured when caught earlier.
- **13.2% of women** born today will be diagnosed with breast cancer at some time in their lives.
- That means 1 in every 8 women will be diagnosed with breast cancer.



**Women in the United States get breast cancer more than any other type of cancer, except skin cancer.**

Source: National Cancer Institute

# Breast Awareness

Knowing your own normal:

- Size
- Shape
- Texture
- Skin features
- Nipple awareness
- Axillary awareness

Know your risk:

- Consider risk screening (hereditary testing)
- Dialogue with your provider

# Signs You Should Not Ignore

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

# Clinical Breast Exams

- How often?  
Age 20s and 30s: every 1-3 years  
Age 40 and older: every year
- When should I schedule?  
Pre-menopausal: The week after your period ends  
Menopausal: Same time, every year



# Breast Self-Awareness Messages

- Know your risk
- Get screened
- Know what is normal for you
- Make healthy lifestyle choices



# Know Your Risk

- Talk to both sides of your family about your family health history.
- Talk to your provider about your personal risk of breast cancer.





# Risk Factors and Risk Reduction

- Risk factors do not cause breast cancer.
- Risk factors are associated with an increased chance of getting breast cancer.
- Some risk factors can be controlled and others can't be changed.
- The two most common risk factors are being female and getting older.

# Risk Factors

- Being female
- Getting older
- Inherited genetic mutations
- Lobular carcinoma in situ (LCIS)
- Hyperplasia
- Family history
- Dense breasts
- High blood estrogen levels

# Risk Factors

- Previous breast cancer
- No children / first child after 35
- High bone density
- Overweight / adult weight gain
- Drinking alcohol
- Menopausal hormone use
- First period before 12
- No physical activity
- Not breastfeeding

# Genetics and Breast Cancer



- Gene mutations are spontaneous or inherited.
- Several inherited mutations have been linked to breast cancer:  
*BRCA1* and *BRCA2*
- Inherited mutations are in the general public - 1 in 400 to 1 in 800.
- About 5 – 10 percent of breast cancer cases in the U.S. are linked to inherited gene mutations.

# Breast Cancer Risk Assessment

The National Cancer's Institute has an online assessment you can take to determine your risk of breast cancer:

<http://bcra.nci.nih.gov/brc>



# Get Screened

- Talk with your provider about which screening tests are right for you.
- Recommendations will depend on your risk.



# Make Healthy Lifestyle Choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can