



## What is Breast Cancer?

Breast cancer is a cancer that starts in the breast when cells begin to grow out of control. Breast cancer may start in one or both breasts and can also be found in lymph nodes by the armpits and breasts.

Although it is more common in women, men can get it, too.

There are many types of breast cancer. The type is determined by the specific kind of cells in the breast that are affected. The most common breast cancers are ductal carcinoma in situ (DCIS) and invasive carcinoma.



## CONTACT US

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on screening:

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COMPREHENSIVE CANCER CARE



# BREAST CANCER PREVENTION

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## Screenings



When it comes to breast cancer, **early detection is key**. New York State covers an annual mammogram regardless if you are insured or not. Mammograms are low dose x-rays of the chest that are used to detect breast cancer before symptoms are apparent.

- Women age 40 and older are recommended to have an annual mammogram
- Women 55 and older have the option to switch to a mammogram every other year

## Risk Factors

These are some of the factors that may increase your risk of having breast cancer:

- Family history of breast cancer
- Inherited gene mutation
- High breast density
- Older age
- Obesity
- Drinking alcohol
- Unhealthy diet
- Lack of physical activity



## Signs and Symptoms

• Lump, hard knot or thickening inside the breast or underarm area



• Swelling, warmth, redness or darkening of the breast



• Change in the size or shape of the breast



• Dimpling or puckering of the skin



• Itchy, scaly sore or rash on the nipple



• Pulling in of your nipple or other parts of the breast



• Nipple discharge that starts suddenly



• New pain in one spot that does not go away

