

Breast Cancer

Cáncer de Seno

1 in 8

Facts to Consider

One in eight women will get breast cancer at some time in her life

Be familiar with your breasts. Talk to your doctor if you notice any changes:*

- Change in breast size or shape
- Lump or thickening in or near breast or underarm area
- Nipple tenderness or discharge other than breast milk
- Nipple turning inward into the breast
- Skin of breast, areola or nipple looks scaly, red, swollen or has ridges or pitting like an orange peel

More women today survive breast cancer due to early detection and better treatment

Talk to your doctor about:

- How to reduce your risk
- Breast cancer screening

Information is the key

Texas Cancer Information (www.texascancer.info/poster) can tell you about:

- Physicians treating breast cancer
- Where to find breast cancer screening or treatment
- Support groups in your community
- Links to reliable Web sites

Considere los Hechos

Una de ocho mujeres tendrá cáncer de seno en algún momento en su vida

Familiarícese con sus senos. Hable con su doctor si usted nota algún cambio:

- Cambio en el tamaño o la forma del seno
- Bulto o engrosamiento en o cerca del seno, o en el área de la axila
- Sensibilidad del pezón o secreción que no sea leche materna
- El pezón sumido hacia dentro del seno
- La piel del seno, de la areola o del pezón se ve escamosa, roja o hinchada, o muestra bordes o pequeñas depresiones como las de la cáscara de naranja

Hoy en día más mujeres sobreviven al cáncer de seno gracias a la detección temprana y a mejor tratamiento.

Hable con su doctor sobre:

- Como reducir su riesgo
- Detección del cáncer de seno

La información es la clave

Texas Cancer Information (www.texascancer.info/poster) le puede informar sobre:

- Médicos que tratan cáncer de seno
- Dónde encontrar lugares de detección del cáncer de seno
- Enlaces para sitios Web confiables



www.texascancer.info/poster

Talk to Your Patients about Breast Cancer

Breast Cancer Incidence/Mortality Rates

- Most common cancer in Texas women, regardless of race/ethnicity
- Incidence has increased since the early 1990s, but overall mortality has steadily declined
- Whites have highest incidence, but African Americans higher mortality
- Five-year relative survival is 98 percent when detected at localized stage, usually through mammography. Survival falls to 84 percent when detected with lymph node involvement or regional metastasis and 27 percent when detected with distant metastasis

Inflammatory Breast Cancer

- Most aggressive
- Presents with diffuse erythema, peau d'orange and often no palpable mass
- Higher incidence in:
 - African Americans than Whites
 - Pre-menopausal women
- Weak association with pregnancy/lactation, family history of breast cancer and higher BMI

Male Breast Cancer

- Can occur at any age, but usually in men age 60 to 70
- Incidence is less than 1 percent of all breast cancers
- Risk factors include radiation exposure, high estrogen levels and family history of breast cancer

**Free Patient Education Poster
from Texas Cancer Information**
www.texascancer.info/poster

**For more free posters or
Texas Cancer Information brochures:**

(713) 792-2277

E-mail: info@texascancer.info

www.texascancer.info/poster

**For cancer-related continuing medical
education information:**

**Texas Medical Association's
Physician Oncology Education Program
512-370-1671**

E-mail: poep@texmed.org

www.poep.org

**Sources: American Cancer Society, National Cancer Institute,
MD Anderson Cancer Center**

THE UNIVERSITY OF TEXAS
**MD Anderson
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Making Cancer History®

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