

Did you know.....

October is Breast Cancer Awareness Month

Breast cancer remains the most common cancer among women in Australia (excluding non-melanoma skin cancer). There is a 1 in 7 chance of developing breast cancer in a woman's lifetime.

What is breast cancer?

Breast cancer is a group of abnormal cells which continues to grow and multiply. Eventually these cells may form a lump in the breast. If the cancer is not removed or controlled, the cancer cells can spread into other parts of the body and may eventually cause death.

Are all breast lumps cancer?

NO! - 9 out of 10 breast lumps are benign and quite harmless i.e., they are NOT a breast cancer. However, it is important that any new or persistent breast lump is investigated by your GP.

What causes breast cancer?

We do not know what causes breast cancer. The disease is more frequent among:

- Women over 50 years.
- Women who have a close relative (mother, sister or daughter) who has had breast cancer, especially if it happened before menopause.
- Women who have had breast cancer before.

What should I be aware of?

Breast changes. However, breasts change throughout your life. Get to know your own breasts so that you will know what is normal for you. See your GP if you notice any of the following changes in your breasts. Usually, they will not mean cancer, **but they do need to be checked.**

- A lump, lumpiness or thickening.
- Changes in the skin of the breast such as puckering, dimpling or a rash.
- Persistent or unusual pain.
- A change in the shape or size of a breast.
- Discharge from the nipple or a change in its shape.

Be breast aware!

Over 50 years of age:

- Have regular two-yearly screening Mammograms
- Ask your GP to check your breasts once a year
- See your GP promptly if you notice any changes in your breasts

Under 50 years of age:

- Ask your GP to check your breasts once a year
- See your GP if you notice any changes in your breasts

Remember....

Most breast lumps are not cancer
Early detection of breast cancer may save your life
See your GP promptly if you notice any changes in your breast

For more information contact:

Cancer Australia - www.canceraustralia.gov.au

Breast Cancer Network Australia - www.bcna.org.au

or call Cancer Council Helpline 13 11 20

Did you know.....

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BREAST CANCER IN MEN

Many people do not realise that men can develop breast cancer. Both men and women have breast tissue. Men have much less breast tissue than women. Most of the breast tissue in men is located behind the nipple. Breast cancer is uncommon in men, accounting for less than 1% of all cancers.

The most common risk factors are:

- ❖ Getting older
- ❖ Having a strong family history of female or male breast cancer or ovarian cancer.

The most common symptom of breast cancer in men is a **PAINLESS LUMP** in the breast close to the nipple.

Other possible symptoms include:

- ❖ A discharge from the nipple
- ❖ A change in the shape or appearance of the nipple
- ❖ A change in the shape or appearance of the breast, such as swelling or dimpling
- ❖ Pain
- ❖ Swollen lymph nodes (glands) under the arm

It is important to see a doctor as soon as possible if you notice any new or unusual breast changes. If the changes are due to cancer, finding it early will mean a better chance of effective treatment.

Breast cancer in men can be treated successfully. The majority of men diagnosed and treated for early breast cancer will not die from the disease. The prognosis for men with breast cancer is similar to that for women at the same age and stage of the cancer.

For more information contact:

Breast Cancer Network Australia/Breast Cancer in Men
[understanding breast cancer/breast cancer in men](#)
or [Cancer Australia breast cancer in men](#) or call

Men's Line Australia

1300 789 978

www.mensline.org.au

Cancer Council Helpline 13 11 20