

Understanding the importance of Early Breast Cancer Screening.

All women ages 50-74 should get checked for cancer every 2 years.

Risk Factors

***Many of these risk factors can be avoided.**

Family History

Lack of Physical Activity

Being Overweight

Poor diet

Growing older

Tobacco and Alcohol

Certain chemicals/substances: such as paints, asbestos, and vinyl chloride.

Certain hormones: estrogen or progesterin used for menopausal hormone therapy.

Signs and Symptoms

Thickening or lump in breast.

New mole or change in existing mole.

A sore that does not heal.

Weight gain or loss with no apparent reason.

Feeling fatigue and tired.

Screening

Helps doctors find and treat cancers early.

A mammogram is the best tool used to find breast cancer early recommended every 1 to 2 years for women 40 and older.

It is a picture of the breasts made with X-rays.

Note: Women who are younger than 40 can be screened if they are at higher risk of getting breast cancer or have family history.

Talk to a doctor about early screening.

No/Minimal insurance? Breast Cervical and Cervical Cancer Program (BCCCP) provides free screening for women 40 and older who meet income guidelines.

***BCCCP Hawaii Call: 671-735-0671**

Treatment

People with cancer need treatment right away.

Main goal is to cure the cancer or control the disease or reduce symptoms for as long as possible.

Listen, take notes or even ask to use tape recorder when talking to doctor.

Doctor may refer you to a specialist

Types of Treatment

***Depend with type of cancer, stage of disease, patient age, and general health.**

Surgery: Remove tumor

Radiation: Uses high energy rays to kill cancer cells.

Chemotherapy: Uses drugs to kill cancer cells taken through the vein or by mouth.

Hormone Therapy: Uses drugs or surgery to keep cancer cells from growing using hormones they need.

Biological Therapy

Myths/Facts

Not everything causes cancer.

Cancer is not caused by injury or bruise.

Cancer is not contagious.

Some people are more sensitive to risk factors than others; therefore, not everyone with risk factors develops cancer.

Things to Do Daily:

Quit Tobacco/smoking.

Eat healthy diet with fiber, vitamins, and minerals.

Maintain healthy weight by limiting foods high in fat such as whole milk, butter, fried foods and red meat.

Be active: Physical activity helps reduce body fat.

Walking/exercise for at least 30 minutes to an hour for 5 days or more a week.

Apply Sunscreen.

TAKE CARE OF YOURSELF

Get Screened Early.

Eat Healthy Diet.

Stay Active.

For More Information about Breast Cancer Call: National Cancer Institute's Information Service at: 1-800-422-6237

1-800-4-CANCER

Call Breast and Cervical Cancer Program (BCCP) at: (808) 692-7480

References:

National Cancer Institute

Hawaii State Department of Health



University of Guam/University of Hawaii Cancer Partnership

University of Hawaii Cancer Center
701 Ilalo St. Rm 413 4th Floor
Honolulu, Hawaii
96813

Phone: (808) 356-5758

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