The Myths of Breast Cancer

According to the Centers for Disease Control, breast cancer is the most common cancer in women. Finding cancer early increases the rate of cure. These three steps may help find cancer early:

1. Get a mammogram. The American Cancer Society recommends that women over 40 get a mammogram every year.
2. Be familiar with the way your breasts normally look and feel. If you see or feel something different, go to your doctor.
3. If you are over 40, have your doctor check your breasts each year. If you are in your 20s or 30s, have your doctor check your breasts every 3 years.

There are a lot of facts about breast cancer floating around, especially on the internet. **Make sure you know fact from fiction.**

**Myth:** Finding a lump in your breast means you have breast cancer.
**Fact:** 8 out of 10 breast lumps are not cancer. But it is very important that if you see or feel changes in your breasts, you see a doctor right away.

**Myth:** Men do not get breast cancer.
**Fact:** Each year, about 1,700 men will get breast cancer. Although this number may seem small, it is still important for men to be aware of changes in their breasts.

**Myth:** A mammogram will cause cancer to spread.
**Fact:** Wrong! Mammograms cannot cause cancer to spread. But they are one of the best ways to find cancer early.

**Myth:** Having a family history of breast cancer means you will get it.
**Fact:** Most women who get cancer do not have a family history of cancer. However, if you have breast cancer in your family, talk to your doctor about when to start having mammograms and how often you should have them.

**Myth:** You can get breast cancer from other people.
**Fact:** You cannot get cancer from others. Breast cancer is uncontrolled growth in your own body.

**Myth:** Antiperspirants and deodorants cause breast cancer.
**Fact:** There is no conclusive evidence that links the use of underarm antiperspirants and deodorants to developing breast cancer.

Get your facts straight. Get your mammograms. Know how your breasts look and feel. Go to your doctor for breast exams.

And if you do have breast cancer, don’t despair. There are many treatments your doctors can give you to help get you better.


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