

# 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](http://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](http://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](http://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](http://www.texascancer.info/poster)

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

**(713) 792-2277**

**E-mail: [info@texascancer.info](mailto:info@texascancer.info)**

**[www.texascancer.info/poster](http://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](mailto:poep@texmed.org)**

**[www.poep.org](http://www.poep.org)**

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

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

TEXAS MEDICAL  
ASSOCIATION  
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