

Health
QUEST
365™



**WHAT YOU NEED TO
KNOW ABOUT BREAST
CANCER**



Breast cancer develops when the cells in the breast begin to grow uncontrollably. These cells usually form a tumor that can often be seen on an x-ray or felt as a breast lump.

Breast cancer symptoms include breast lumps, discharge from the nipple, changes in the size or shape of the breast, and breast pain. If you experience any of these symptoms, it's important to see your doctor right away. Early detection is key to successful treatment.

There are numerous risk factors for developing breast cancer. However, it's important to note that having these risk factors does not mean that you will develop the disease.



Some of these risk factors include family history of breast cancer, genetic mutations, obesity, and drinking alcohol. Hormone replacement therapy and breast density also increases your chances of developing breast cancer. In addition, cancer can usually affect women over the age of 50.

Medical advancements have paved the way for higher success rates for breast cancer treatment in recent years. However, the American Cancer Society recommends seeking immediate assistance as soon as you find out you have the condition. Cancer cells can spread to healthy tissue if left untreated. That's why you should ask your provider about treatment options promptly.

You may also want to undergo consistent monitoring after recovering from breast cancer. This is because survivors are usually at a higher risk of developing other cancers.



EARLY STAGE BREAST CANCER

Early stage breast cancer is often treated with surgery followed by radiation therapy. For more advanced stages of the disease, chemotherapy is often used in combination with surgery. The outlook is usually good if you detect the disease when you're just starting to develop breast cancer.

STAGE 0

Also called ductal carcinoma in situ (DCIS), this is cancer that is still confined to the milk ducts and has not spread outside of them.

STAGE 1

The tumor is small (2 centimeters or less) and has not spread outside of the breast tissue.

STAGE 2

This is also early-stage, but the tumor is larger. The mass measures between 2 and 5 centimeters or has spread to the lymph nodes under the arm.

STAGE 3

This is considered locally advanced breast cancer. In stage 3, the tumor is larger than 5 centimeters and may have spread to nearby tissues such as the chest wall or the skin of the breast.





Mammography is the most common breast cancer screening test. Your doctor may recommend it if you pose high risk of breast cancer. Usually, providers use imaging tests like magnetic resonance imaging (MRI) to reveal tumor or mass formations in your body.

Doctors may recommend preventive surgery for women who are at a very high risk of breast cancer. You may fall under this category if your immune system is compromised, or if you have increased risk factors.

ACTIVITY SHEET

The Health Quest 365 Activity for **WHAT YOU NEED TO KNOW ABOUT BREAST CANCER**



What is the purpose of a mammogram?

Describe in your own words, the difference between a benign and malignant tumor.

If a close family member has had breast cancer, what could you potentially do?

Write down three symptoms of breast cancer.

- 1.
- 2.
- 3.

Write down how you would communicate the importance of early detection to a friend or family member.



You can also lower your cancer risk by staying on top of your health. You can avoid unhealthy substances, take ample rests, and exercise regularly. The International Journal of Environmental Research and Public Health also published a research stressing the importance of a healthy diet in breast cancer prevention.

In line with that, you can try Health Quest 365's Organic Greens 365. It's a superfood powder that contains a healthy balance of grass juices, herbs, vegetables, and fruits. Incorporating Organic Greens into your diet can help you get your daily dose of nutrients.



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