

Breast cancer PREVENTION & AWARENESS

WHAT IS BREAST CANCER?

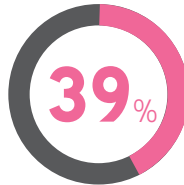
Breast cancer is when the cells within the breast tissue begin to grow abnormally. There are different types of breast cancer that can be both invasive and non-invasive. In either case, it's important to be aware of the warning signs for early detections.

HOW IS BREAST CANCER DIAGNOSED?

When breast cancer is a concern additional screening may be needed to be determined. An ultrasound or MRI can help your physician determine if breasts lumps are filled with fluid (cysts) or solid (tumors). If lumps are solid, a biopsy may be necessary.

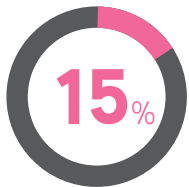
statistics

This year an estimated 1,660 women in Utah will be diagnosed with breast cancer and 280 will die from the disease.

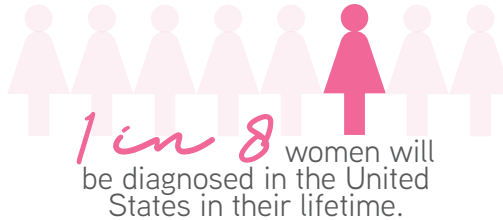


Breast cancer deaths have decreased 39% from 1989 to 2015 in the United States.

Death rates have been declining thanks to better screening, increased awareness and continually improving treatment options



Breast cancer is the second leading cause of death in women. It is estimated that about 15% of those diagnosed will die from breast cancer in 2019.



WHAT SCREENINGS ARE AVAILABLE TO DETECT BREAST CANCER?

A Clinical Breast Exam and Mammography are the most common types of screening tests, though breast ultrasound's and MRI's are available and used especially for women at higher risk. Regular screenings find breast cancer before it causes any warning signs or symptoms.

age 18

BREAST SELF EXAMINATION (BSE)

It is recommended to complete a BSE each month about 3-5 days after your period starts.

age 25

CLINICAL BREAST EXAMINATION (CBE)

A CBE is completed each year, beginning at age 25, at your regular physician exams.

age 40

MAMMOGRAPHY (YEARLY)

Your physician will generally recommend a mammography each year beginning at age 40.

resources

VALLEY WOMEN'S HEALTH

PROVO GROUP
801-374-1801

VINEYARD
801-669-5758

ST. GEORGE
435-628-1662

OREM MIDWIVES
801-404-5588

AMERICAN FORK
801-756-9635

SRINGVILLE
801-489-0111

AMERICAN FORK MIDWIVES
801-765-1577

GYNECOLOGY ONCOLOGY
385-347-5450

valleywomenshealth.com

UTAH SURGICAL ASSOCIATION

ST. GEORGE
435-628-1641

CEDAR CITY
435-263-0575

AMERICAN FORK
801-756-9132

PROVO
801-374-9625

PAYSON
801-465-5602

LEHI
801-852-9480

UTAH VALLEY PHYSICIANS PLAZA
801-852-3460

utahsurgical.com

NATIONAL CANCER INSTITUTE

1-800-4-CANCER
cancer.gov

SUSAN G. KOMEN
1-877-GO-KOMEN
komen.org

AMERICAN CANCER SOCIETY
1-800-ACS-2345
cancer.org



CAN MEN GET BREAST CANCER?

While men are at a lower risk of getting breast cancer than women, it does happen.

WHY ARE MEN AT LOWER RISK?

During puberty, breast development in males stops due to higher levels of testosterone and low levels of estrogen.

estimates FOR 2019

New cases diagnosed

2,670

Deaths

500