

Breast Cancer



Breast cancer is the most common type of cancer among Puerto Rican women and it is responsible for the majority of deaths by cancer among females. Cancer is characterized by an abnormal growth of cells, which begin to multiply rapidly creating a malignant tumor. There are several types of breast cancer depending on the cells that initially start to grow. The rate of growth of cancer cells varies in each case. In younger women, cancer usually grows in a more aggressive and rapid manner, while its progress is generally slower after menopause. We still don't know how to prevent breast cancer but, in most cases, you can make a difference by detecting it early.

— Risk Factors

Breast cancer could be related to external factors, those that are outside our body such as the environment and what we eat; or to internal factors within our bodies such as our immune system, hormones, as well as to hereditary factors.

Some risk factors are:

- Being a woman: breast cancer is more common in females than in males
- Age: the older you are, the higher the risk
- Personal History :If you've had breast cancer before
- Family History: If a close relative, be it a mother, a sister, or a daughter, has suffered breast cancer.
- Reproductive History
- High-fat diet
- Extended use of contraceptive pills

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Breast Cancer

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BREAST Cancer

How can we prevent it?

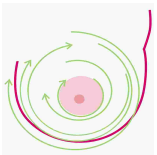


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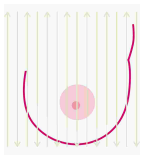
Breast self Examination

Make movements using your finger tips with pressure that goes from soft, medium to firm following one of the patterns below:

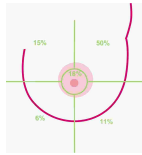
Circular Pattern



Vertical Pattern



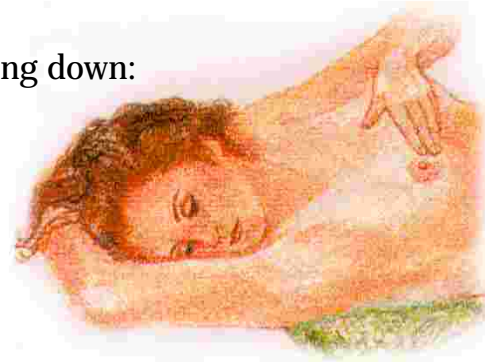
Quadrant Pattern



In the shower:

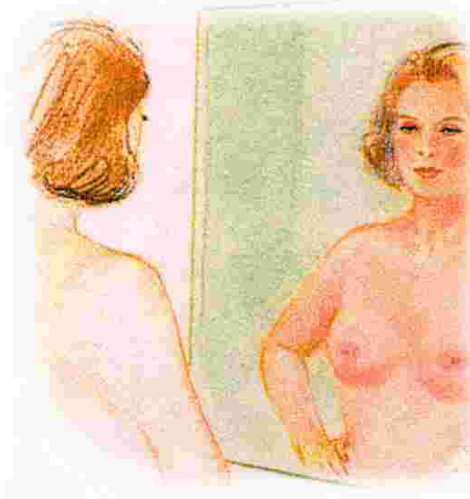
Feel your breast with small movements following either the circular, vertical or quadrant pattern to see if you have any lumps or hardness. Your fingers will slide better when your hands are soapy. -->

Laying down:



Place a pillow under your right shoulder. With your flat fingers, examine your right breast for lumps or hardness, making small movements following either the circular, vertical, or quadrant pattern. Then, squeeze the nipple for any discharge. Repeat these steps on your left breast.

In front of a mirror:



Check for any changes in the shape of your breasts or any lumps or depressions on the skin.

— Cancer Signals

- Lump or hardness on the breast
- Change in shape or size
- Wrinkles on the breast skin
- Nipple elevation or secretion
- A retracted nipple if it is not usually like that

— You can detect Breast cancer early by:

- A breast self-exam each month
- A clinical breast exam done by a doctor or nurse
- An annual mammograph after the age of 40.

- You can detect any change in your breasts, **NO ONE SHOULD KNOW YOUR BODY BETTER THAN YOU...**