

### Test Your Knowledge on BREAST HEALTH

This is an opportunity for you to find out how much you know about breast cancer and to learn more about how to prevent it. Please respond to the following statements by placing a "✓" in the appropriate box (true or false).

	True	False
1. Breast cancer is the second leading cause of cancer death for women.		
2. 1 in 9 women will develop breast cancer in her lifetime.		
3. Only women with a family history of breast cancer develop the disease.		
4. "When I was young, I worried about breast cancer and always checked my breasts. Now that I'm older, I don't have to worry about it."		
5. A woman with a breast lump has breast cancer.		
6. Breastfeeding your baby can help reduce your risk for developing breast cancer.		
7. The incidence of breast cancer has increased, but the number of deaths has declined in the last few years.		
8. A mammogram can detect a lump where no lump can be felt.		
9. "My mammogram was negative, so I don't need to ever have another one."		
10. The risk of getting breast cancer from the radiation produced by a mammogram is extremely high.		

Adapted from: The Canadian Cancer Society and Ontario Breast Screening Program

## ANSWERS (Test Your Knowledge on Breast Health)



**1. True**

Breast cancer is the most common cancer for women, but it ranks second to lung cancer in actual number of deaths.

**2. True**

This means if 9 women live to the age of 85, approximately 1 of them will develop breast cancer.

**3. False**

Although women with a family history of breast cancer are at a slightly increased risk, all women, as they age, are at increased risk. 70% of all women who develop breast cancer have no risk factors.

**4. False**

A woman's risk for developing breast cancer increases with age, with the majority of breast cancer occurring after age 50. The breast cancer risk at age 30 is 1 in 2,427, at age 50 is 1 in 58, while at age 70 is 1 in 16.

**5. False**

Most breast lumps are benign and are not cancerous, but a visit to the doctor will help to determine if there is a problem.

**6. True**

The longer women breastfeed and the more children they have breastfed, the less likely they are to develop breast cancer. Breastfed babies are also at a reduced risk of developing breast cancer.

**7. True**

This may be due to an increase in awareness, early detection and better screening equipment. The decline in the number of deaths is likely due to the benefits of breast screening programs and improved treatment.

**8. True**

In fact, a mammogram can detect cancer in the breast when it is the size of a pinhead—2 to 3 years before a lump can be felt. It is in this early stage of cancer that there is an excellent cure rate.

**9. False**

Women should have a mammogram regularly. A mammogram does not protect a woman from breast cancer. It is important to have an annual physical breast examination and a mammogram every 2 years after the age of 50 or as often as your doctor recommends.

**10. False**

There is not a high risk of getting breast cancer from a mammogram. Mammograms use a very low and safe amount of radiation. The benefits of finding breast cancer early far outweigh the small amount of radiation needed for the mammogram.

**Early detection is your best protection!**

For more information, or to speak with a Public Health Nurse, please contact York Region [Health Connection](#) at 1 800-361-5653