Breast Cancer

Introduction

Breast cancer is a disease that starts when **cells** in the breast grow in an abnormal way. These cells can form a **tumor**. Breast cancer can affect **women and men**, but it is more common in women. Early detection can help save lives.

What Is Breast Cancer?

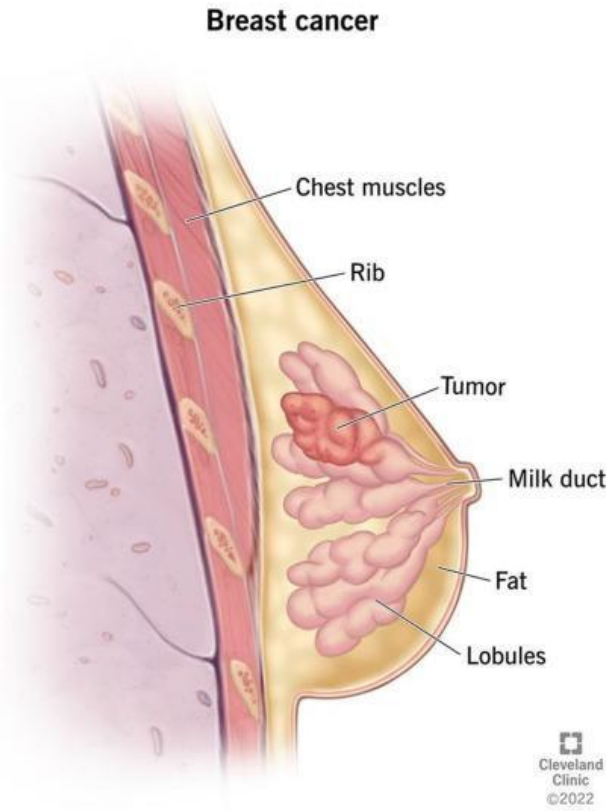
Breast cancer begins in the **breast tissue**. Cells normally grow and divide in a controlled way. In cancer, cells grow too fast and do not stop. These cells can spread to other parts of the body. This process is called **metastasis**.

Causes and Risk Factors

There is no single cause of breast cancer. Some **risk factors** include:

- Family history
- Age
- Hormonal changes
- Unhealthy lifestyle

Not all people with risk factors get cancer.



Signs and Symptoms

Common symptoms include:

- A **lump** in the breast
- Changes in breast shape or size
- Pain in the breast
- Skin changes

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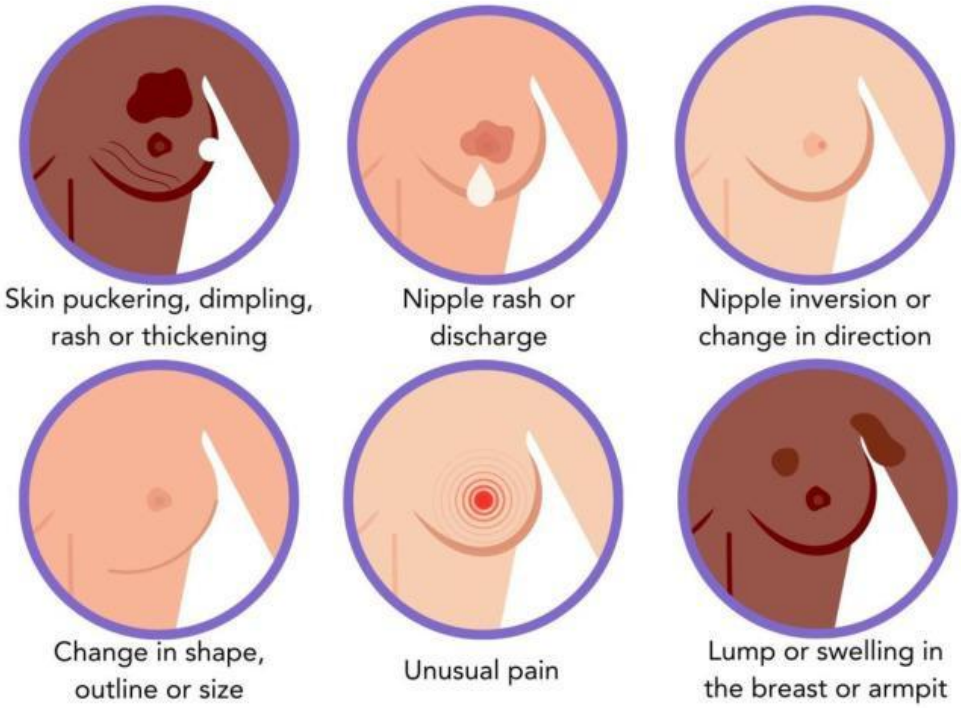
Some people do not have symptoms at first.

Diagnosis and Prevention

Breast cancer can be found with tests like **mammograms** and physical exams. Self-exams are also important. A healthy diet and regular check-ups can help with **prevention**.



Comprehension Reading Activities – Breast Cancer

True (T) or False (F)

1. Breast cancer affects only women. T F
2. Cancer cells grow in an abnormal way. T F
3. A tumor is made of normal cells. T F
4. Breast cancer can spread to other parts of the body. T F
5. Metastasis means cell death. T F
6. Family history can be a risk factor. T F

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7. All people with risk factors get cancer. T F
8. A lump can be a symptom. T F
9. Pain always appears first. T F
10. Mammograms help detect cancer. T F

Multiple Choice

11. Breast cancer starts in the:
    a) heart
    b) lungs
    c) breast tissue
12. Cancer cells grow:
    a) slowly
    b) too fast
    c) normally
13. Cancer can affect:
    a) only men
    b) men and women
    c) children only
14. Risk factors include:
    a) exercise
    b) age
    c) sleep
15. Metastasis means:
    a) healing
    b) spreading
    c) stopping
16. A mammogram is a:
    a) medicine
    b) medical test
    c) surgery
17. Prevention includes:
    a) smoking
    b) check-ups
    c) stress
18. Symptoms can include:
    a) skin changes
    b) fever
    c) cough
19. Breast self-exams are:
    a) useless
    b) important
    c) dangerous
20. Early detection can:
    a) save lives
    b) stop aging
    c) cause cancer

T. SUE

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