

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:

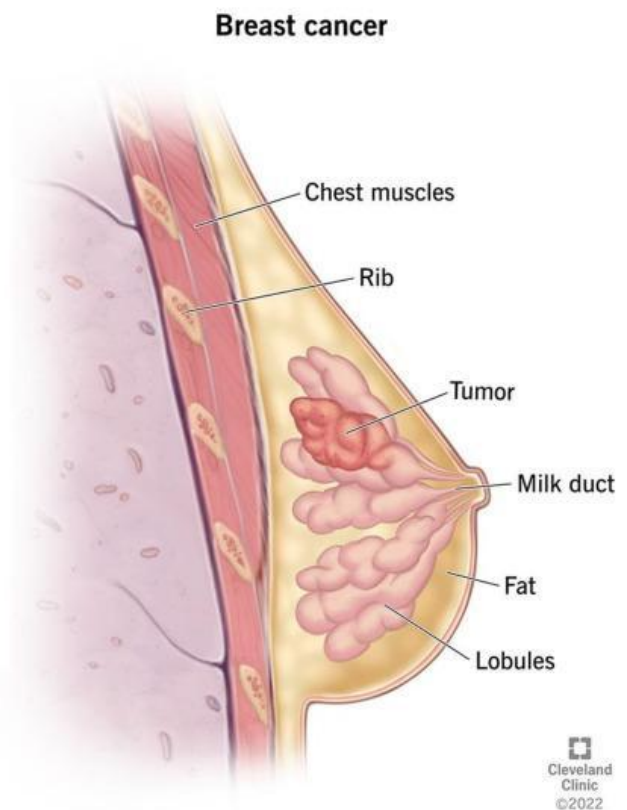
- Family history
- Age
- Hormonal changes
- Unhealthy lifestyle

Not all people with risk factors get cancer.

Signs and Symptoms

Common symptoms include:

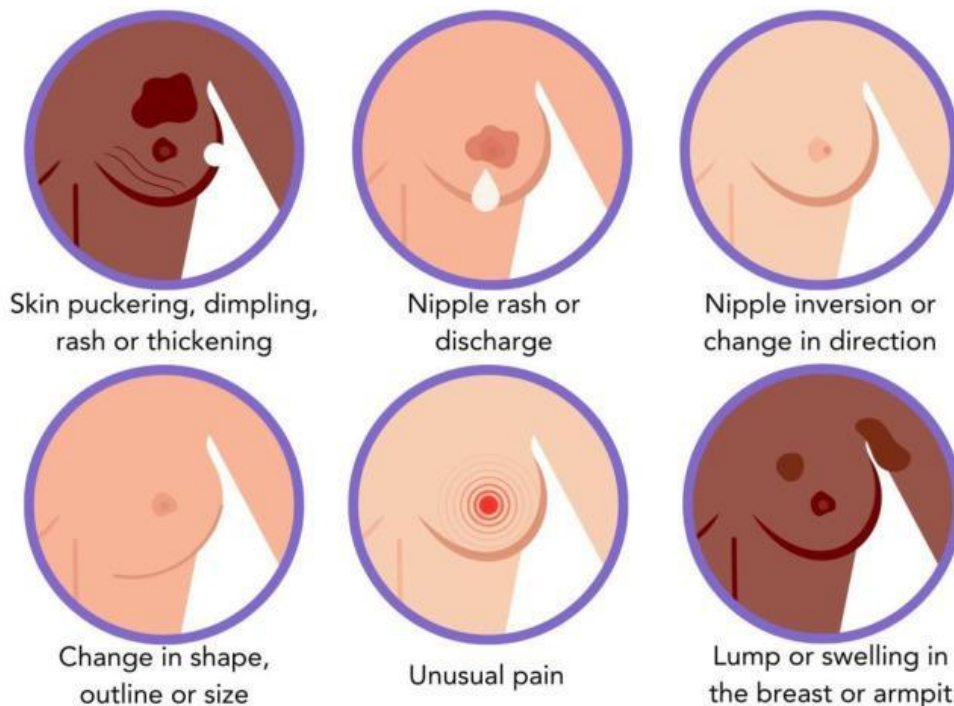
- A **lump** in the breast
- Changes in breast shape or size
- Pain in the breast
- Skin changes



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 |

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

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