

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:

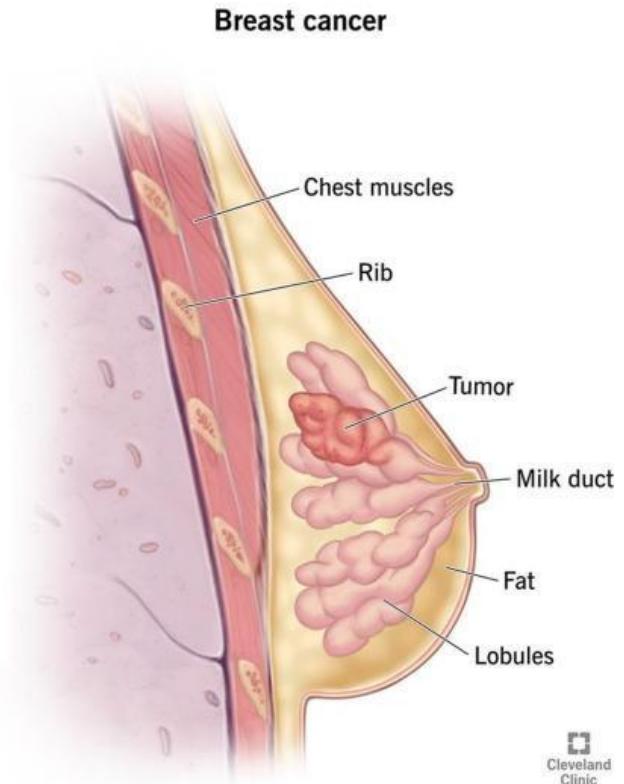
- Family history
- Age
- Hormonal changes
- Unhealthy lifestyle

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**.



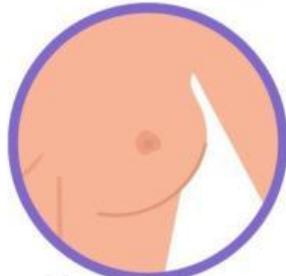
Skin puckering, dimpling, rash or thickening



Nipple rash or discharge



Nipple inversion or change in direction



Change in shape, outline or size



Unusual pain



Lump or swelling in the breast or armpit

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

T. SUE