

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:

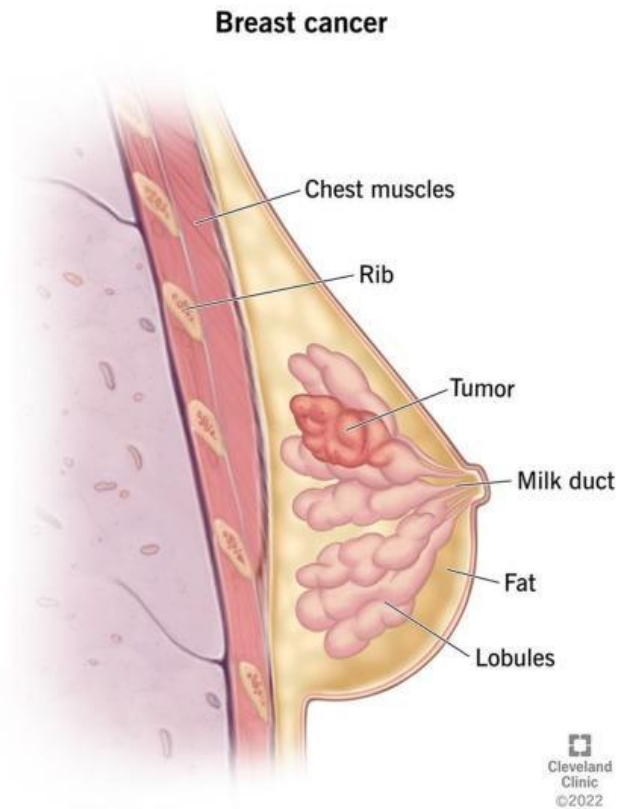
- Family history
- Age
- Hormonal changes
- Unhealthy lifestyle

Not all people with risk factors get cancer.

Signs and Symptoms

Common symptoms include:

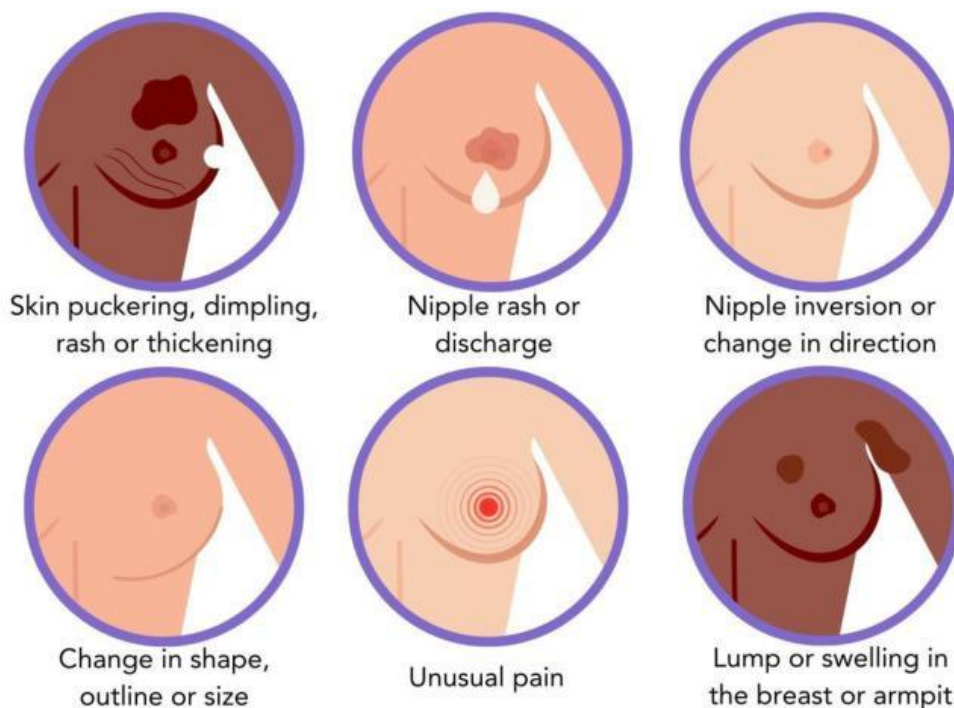
- A **lump** in the breast
- Changes in breast shape or size
- Pain in the breast
- Skin changes



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)

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| 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

- | | |
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| <p>11. Breast cancer starts in the:</p> <ul style="list-style-type: none"> a) heart b) lungs c) breast tissue <p>12. Cancer cells grow:</p> <ul style="list-style-type: none"> a) slowly b) too fast c) normally <p>13. Cancer can affect:</p> <ul style="list-style-type: none"> a) only men b) men and women c) children only <p>14. Risk factors include:</p> <ul style="list-style-type: none"> a) exercise b) age c) sleep <p>15. Metastasis means:</p> <ul style="list-style-type: none"> a) healing b) spreading c) stopping | <p>16. A mammogram is a:</p> <ul style="list-style-type: none"> a) medicine b) medical test c) surgery <p>17. Prevention includes:</p> <ul style="list-style-type: none"> a) smoking b) check-ups c) stress <p>18. Symptoms can include:</p> <ul style="list-style-type: none"> a) skin changes b) fever c) cough <p>19. Breast self-exams are:</p> <ul style="list-style-type: none"> a) useless b) important c) dangerous <p>20. Early detection can:</p> <ul style="list-style-type: none"> a) save lives b) stop aging c) cause cancer |
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