



ROSWELL PARK COMPREHENSIVE CANCER CENTER

BREAST CANCER *Info Sheet*

For
Teens

WHAT YOU CAN DO NOW



Get moving. Couch potato alert: Women who are inactive throughout life have a greater risk for breast cancer.



Maintain a healthy weight throughout life. Obesity increases risk for many cancers, including breast cancer.



Don't start drinking alcohol. Drinking beer, wine, coolers, hard seltzers or teas, and other alcoholic drinks can raise risk.



Avoid smoking. Call the New York State Quitline for free help and cessation aids at **1-866-NY-QUITS**, nysmokefree.com



Get regular checkups. A clinical breast exam (done in the doctor's office) should become part of your annual checkup starting at age 25.



Know your risk factors. Learn, and continue to note, your family history, especially any family members who may have breast, ovarian or colorectal cancer.

CALLING OUT BREAST CANCER MYTHS

Myth All breast cancer is inherited.

Fact Most breast cancers occur at random. Only about 5 to 10% of breast cancers are caused by inheriting a faulty gene. Most women who get breast cancer — about 75% of them — do not have a family history of the disease.

Myth Certain vitamins and dietary supplements prevent breast cancer.

Fact While eating a healthy and nutritious diet may have a protective effect against cancer in general, no specific ingredients, vitamins, enzymes, minerals, herbs or other supplements are proven to prevent breast cancer.

Myth Wearing underwire bras and using antiperspirants cause breast cancer.

Fact No conclusive evidence links the development of breast cancer to either of these.

Myth Mammograms cause/prevent breast cancer.

Fact A mammogram is an x-ray of the breasts that gives physicians a picture of the inside of the breast tissue. They do not prevent, nor cause, breast cancer. Mammography is one of the best tools we have today to detect cancer at its earliest and most treatable stages.

WHAT YOU CAN DO LATER

- ✓ **Breastfeed, if possible.** Breastfeeding (the longer the better) may lower breast cancer risk.
- ✓ **Have a mammogram at age 40 (and every year thereafter).** Encourage your mom, aunts and other women you care about to schedule their mammogram today!
- ✓ **Avoid hormone replacement therapy (HRT).** Hormone therapy that contains estrogen or progesterone, sometimes given to women who've had ovaries removed or to ease menopause side effects, increases breast cancer risk. (This is different from oral contraceptives.)



Most breast lumps are not cancer, but they still need to be checked out.



ARE YOU AT HIGH RISK?

What can we learn from Angelina Jolie?

When actress Angelina Jolie announced that she underwent a double mastectomy (surgery that removes both breasts) to prevent getting breast cancer, it raised many questions for a lot of women. The actress learned through genetic testing that she carried a faulty BRCA gene, which greatly increased her risk of developing breast cancer. Experts estimate that less than 1% of women carry such a gene.

Other factors may increase risk for the disease, too, and learning about the ones that affect your personal cancer risk is important. Roswell Park's **Breast Cancer Risk Assessment and Prevention** program provides comprehensive risk assessment, surveillance exams and imaging, risk reduction and prevention options, genetic screening and access to prevention studies. You may be eligible for the program if you have:

- ✓ A history of breast and/or ovarian cancer among your parents, siblings, or at least two other close relatives
- ✓ Multiple cancers within your family
- ✓ A relative diagnosed with breast cancer before menopause
- ✓ A family member with one of these gene mutations BRCA1, BRCA2, TP53, or PTEN
- ✓ An abnormal breast biopsy
- ✓ Prior radiation treatment to the chest
- ✓ Increased breast density

BREAST SELF EXAM



Look at breasts with shoulders straight and arms on hips



Raise your arms and look for any changes



Feel your breasts while lying down



Feel your breasts while standing

When performing a breast self exam, use the same manner (i.e. in circles, or up and down) each time. And do it at the same time every month.

LEARN MORE

www.yroswell.com A website designed specifically for young people who want to get involved and help create a world without cancer.

www.kidshealth.org Honest, accurate info and advice about health, emotions and life.

www.cancer.gov/cancertopics/aya Information and resources for adolescents and young adults with cancer.

MEET OUR DOCTORS

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