

# BREAST CANCER



for

# TEENS



## What YOU can do NOW



**COUCH POTATO ALERT:** Women who are inactive throughout life have a greater risk for breast cancer.



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](http://nysmokefree.com)



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

**X myth** vs. **✓ FACT**

**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?

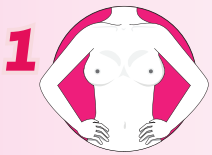
### What can we learn from Angelina Jolie?

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 **High Risk Breast Cancer** program provides surveillance exams and imaging, risk reduction and prevention options, genetic screening and more.

### BREAST SELF EXAM

When performing a breast self exam, use the same manner (i.e. in circles, or up and down) each time. The best time to do a monthly breast self-exam is about 3 to 5 days after your period starts. Do it at the same time every month.



**1** Look at breasts with shoulders straight and arms on hips



**2** Raise your arms and look for any changes



**3** Feel your breasts while lying down



**4** Feel your breasts while standing



### 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, PTEN, PALB2, ATM, or CHEK-2
- ✓ An abnormal breast biopsy
- ✓ Prior radiation treatment to the chest
- ✓ Neurofibromatosis (NF-1)

### MEET OUR DOCTORS

#### SURGICAL ONCOLOGY

1. Helen Cappuccino, MD, FACS
2. David Crooks, MD
3. Mariola Poss, MD
4. Kazuaki Takabe, MD, PhD, FACS
5. Jessica Young, MD

#### MEDICAL ONCOLOGY

6. Sheheryar Kabraji, BMBCh
7. Ellis Levine, MD
8. Saif Soniwalla, MD, FACP
9. Varsha Gupta, MD
10. Delnaz Bakht, MD

#### MAMMOGRAPHY

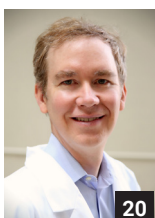
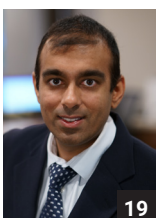
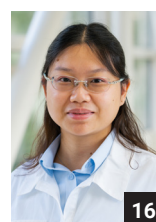
11. Ermelinda Bonaccio, MD
12. Lauren Burkhard-Mandel, MD
13. Richard Gong, MD
14. Prasanna Kumar, MD
15. Sara Majewski, MD
16. Chi Mei Wong, MD

#### RADIATION ONCOLOGY

17. Simon Fung-Kee-Fung, MD
18. David Mattson Jr., MD
19. Varun Chowdhry, MD

#### PLASTIC & RECONSTRUCTIVE SURGERY

20. Robert Lohman, MD, MBA
21. Cemile Nurdan Ozturk, MD
22. Can Ozturk, MD



LEARN  
MORE

**Yroswell**  
Yroswell.com

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

**NEMOURS KidsHealth®**  
kidshealth.org

Honest, accurate info and advice about health, emotions and life.

**NIH NATIONAL CANCER INSTITUTE**  
cancer.gov/cancertopics/aya

Information and resources for adolescents and young adults with cancer.