

Press Release

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FOR IMMEDIATE RELEASE

TOPIC: Breast Cancer

BREAST CANCER

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. . It occurs almost entirely in women, but men can also have breast cancer.

Breast cancer is one of the most common cancers in American women. Currently the average risk of a woman in the US developing breast cancer sometime during her life is 13%. Breast cancer is the second leading cause of cancer death in women (only lung cancer kills more women each year). Since 2007, breast cancer death rates have been steady for women under 50, but continue to decrease in older women. Decreases in cancer death rates are attributed to early detection, increased awareness, and better treatments.

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find breast cancer in its early stages, even before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. For this reason, it is important to have any new breast lump or breast change checked by a health care provider experienced in diagnosing breast diseases.

For more information go to <https://www.cancer.org/cancer/breast-cancer/about.html>.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our

website at www.LCDHD.org and click the “52 Weeks to Health” banner to learn more about each of these areas.

Source: <https://www.cancer.org/cancer/breast-cancer/about.html>