

Strategic Benefit Solutions Incorporated



A
Healthy
Piece...

...wellness newsletter providing you with a monthly educational article to help you live well and be healthy. *One piece at a time.*

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*"When breast cancer is detected early, in the localized stage, the five-year relative survival rate is 100%."
— American Cancer Society*

Breast Cancer Awareness Month: Continuing the Campaign to Increase Awareness

Did you know... It is estimated that 1 in 8, or 13%, of U.S. women will develop breast cancer. Earlier detection, increased awareness and better treatment continue to lower death rates from breast cancer.

Breast cancer can be separated into different types based on the way the cancer cells look under the microscope.

Most breast cancers are carcinomas, a type of cancer that starts in the cells (epithelial cells) that line organs and tissues like the breast. In fact, breast cancers are often a type of carcinoma called *adenocarcinoma*, which is carcinoma that starts in glandular tissue. Other types of cancers can occur in the breast, too, such as sarcomas, which start in the cells of muscle, fat, or connective tissue.

In some cases, a single breast tumor can be a combination of different types or be a mixture of invasive and in situ cancer. And in some rarer types of breast cancer, the cancer cells may not form a tumor at all.

Here are some common signs and symptoms you should be aware of:

- Lump in your breast
- Skin thickening or redness
- Breast warmth and itching
- Nipple changes/discharge
- Swelling in or around your breast, collarbone, or armpit

If you experience any of these, be sure to consult with your primary care doctor. Finding breast cancer as early as possible gives you a better chance of successful treatment.

Knowing what to look for is not a substitute for screening mammograms and other tests, which can help find breast cancer in its early stages, even before any symptoms appear.



Lower Your Risk of Breast Cancer

Women can lower their risk of breast cancer by being physically active, maintaining a healthy weight and quitting tobacco use. You should also talk with your doctor about family history and your personal potential risks to help with active monitoring and early detection.

Be sure to get your mammogram and other doctor-recommended tests!