

# BREAST CANCER

## with the Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

## RISK FACTORS

- Family history
- Genetics
- Gender
- Older age
- Obesity
- Delaying childbirth
- Alcohol consumption

## SIGNS & SYMPTOMS



**Swelling of all or part of a breast**



**Nipple pulling inward/turning in**



**New, hard mass (lump) anywhere in the breast or underarm**



**Redness, scaliness, or thickening of the nipple or breast skin**



**Skin irritation or dimpling (like an orange peel)**



**Nipple discharge (other than breast milk)**

## SCREENING GUIDELINES

- All women who are at average risk of breast cancer should begin mammograms at age 40
- Talk to your healthcare provider to see how often you should have a mammogram — at least every other year

## PREVENTION

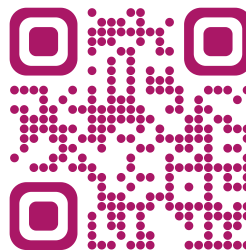
- Know your family history
- Avoid smoking
- Breastfeed
- Exercise regularly
- Maintain a healthy weight
- Eat healthy foods
- Stay up-to-date on your breast exams and mammograms

## WE CAN HELP YOU:

- Find a cancer doctor
- Access clinical trial options or enrollment
- Get connected to services available at UMN hospitals and clinics
- Receive resources for patients, families, and caregivers

**Call (612) 624-2620 or email [ccinfo@umn.edu](mailto:ccinfo@umn.edu)**

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