

LEARN ABOUT

BREAST CANCER



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What is Breast Cancer?

Breast cancer is a disease in which abnormal cells in the breast grow uncontrollably and form a tumor. These tumors may be cancerous (malignant) or non-cancerous (benign).

Common Signs

- A lump in the breast
- Swelling in the breast
- Skin looks like an orange peel
- Pain in the breast or nipple
- Nipple turns inward
- Red or dry skin on the nipple or breast
- Nipple discharge other than breast milk
- Lump under the arm

Risk Factors

- Obesity
- Family or personal history of breast cancer
- Consuming alcohol
- Beginning menstruation before age 12 or experiencing menopause after age 55

How to Stay Safe

Schedule regular mammograms starting at age 45

Maintain a healthy weight. Stay active and eat healthy.

Breast self-exams. Report any lumps or changes to your doctor promptly

Talk to your doctor if your family has a history of breast cancer

Local Resources in Detroit

Karmanos Cancer Institute.
Breast cancer care and trials

DMC Hutzel Women's Hospital.
Screenings and care for women

DMC Sinai-Grace Hospital.
Cancer care and community programs

Henry Ford – Brigitte Harris Pavilion.
Care, research, and wellness programs