



“Although breast cancer rates are increasing in the U.S., death rates from breast cancer are decreasing, thanks to early detection and targeted treatments”

- Centers for Disease Control Prevention (CDC) and National Cancer Institute

## Know the Signs

The signs of breast cancer are not the same for all women. Some may have no signs at all, but some may have any or all of the following:

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of the skin
- Redness or flaky skin in the nipple area
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge, other than breast milk, including blood
- Change in size or shape of the breast

## What is Breast Cancer?

Breast cancer is a disease in which the cells in the breast grow out of control. The type of breast cancer depends on which kind of breast cell is growing: the ducts (the tubes that carry milk to the nipple) or the lobes (glands that make milk). These cells can spread and travel to other parts of the body and cause problems. This is called “metastatic breast cancer.” Breast cancer is by far most common in women, but men can also get it.

## How Common is Breast Cancer?

### In 2018 it is estimated:

- There is a 1 in 8 chance a woman will develop breast cancer in her life
- About 266,120 new cases of invasive or fast-moving breast cancer will be diagnosed in women
- About 40,920 women will die from breast cancer

## Know Your Risk

### Risk factors for developing breast cancer include:

- The risk increases with age
- Inherited changes to certain genes like the BRCA1 gene
- Women who start their period before age 12
- No pregnancy or having first pregnancy after the age of 30
- Starting menopause after age 55
- Using combination hormone therapy (estrogen and progesterone) either in birth control or after menopause
- Being overweight
- Having dense breast tissue
- Radiation therapy (as a treatment for other cancer) on the chest
- Increased alcohol consumption increases the risk

Talk to your doctor about ways to reduce some of these risks.

# Breast Cancer Screening

## Self-Breast Exam

- Adult women are encouraged to perform self-breast exams once a month to identify any changes as soon as possible.
- When in the shower, use your finger tips to move in a circular motion around the entire breast, moving from the outside (including the armpit) to the center. Note any lumps or knots and report to your doctor as soon as possible.
- You should also look at your breasts in the mirror. Raise your arms overhead and look for any changes in the skin including any dimpling or other changes.
- Also report any discharge from the nipple or change in its appearance.

## Clinical Breast Exam (CBE)

- This is an exam done by a doctor or other health professional who is trained in performing breast exams and can be done at your regular yearly check-up.
- Your doctor will inspect the look of your breasts while you are sitting up and then physically inspect them while you are lying down. He/she will apply pressure to the skin and breast tissue to feel for changes, lumps, or abnormalities.
- If a CBE is not offered to you at your check-up, ask your doctor if they're able to perform one or can refer you to someone who can.

## Mammogram

- A mammogram is an x-ray of the breast tissue and can often identify a lump before it can be felt in a self-exam or before there are symptoms.
- Regular mammograms are important for finding breast cancer early.
- Recommendations on what age to begin having mammograms differs between the professional organizations and should be based on your age and individual risk factors for breast cancer.
- Talk to your doctor about when you will need a mammogram.

## If You Find a Lump

Don't panic if you find a lump. Most lumps are not breast cancer. Breast tissue is naturally a lumpy texture. If your breasts are consistently lumpy throughout and has not changed, it may just be normal breast tissue. Any lumps that are different than the rest of your breast or if they are especially hard, it should be checked as soon as possible.

### **When in doubt, get it checked out!**

If you need help finding an in-network doctor, our team of care managers can help you find one near your home. Contact us using the phone number below.

## More Information

It is important to find reliable health information. To read more about breast cancer, go to:

[www.cancer.gov/types/breast](http://www.cancer.gov/types/breast)

[www.cdc.gov/cancer/breast](http://www.cdc.gov/cancer/breast)

[www.cancer.org](http://www.cancer.org)

[ww5.komen.org](http://ww5.komen.org)

Or call the Magellan Rx Care Management Department to speak to a nurse, pharmacist, wellness coach, or mental health professional.

We care about your health and well-being and our staff of registered nurse care managers, mental health professionals, wellness coaches, and clinical pharmacists are here to help. If you have questions, please call 855-586-2568, Monday through Friday, 8 a.m. to 5 p.m. MT.