



BREAST CANCER MYTHS & FACTS

1 out of 8 women will be diagnosed with breast cancer in her lifetime.

MYTH: You're not at risk if you don't have a family history.

FACT:

Over 75% of women do not have a family history.

Inherited risk can come from a person's mother or father.

MYTH: Women over 70 do not need a mammogram.

FACT:

Women should continue screening as long as they are in good health. The chances of getting breast cancer increase as you get older.

MYTH: Most breast cancers happen due to BRCA1 and BRCA2 mutations.

FACT:

About 10% is inherited and only about half of those are caused by mutations in the BRCA1 and BRCA2 genes.

Talk to your medical professional about breast cancer risk factors such as your lifestyle, age, race/ethnicity and pregnancy history.

MYTH: Men don't get it.

FACT:

Although rare, an estimated 2,670 men will be diagnosed in 2019 (ACS)

MYTH: Mammograms give off too much radiation.

FACT:

The amount of radiation is regulated by the FDA and other agencies, and falls well within medical guidelines established to ensure patient safety.

Mammograms, a type of x-ray, are recommended for women of average risk beginning at age 40.

You may have to begin screening earlier if you are at higher risk.

There is no regular recommended preventative screening for born males.

What are the signs & symptoms for breast cancer?

Signs & symptoms for breast cancer can include (but are not limited to) a lump, a hard knot, swelling in the chest area, a sunken nipple, redness or scaling of the nipple area, unexpected discharge coming from the nipple, and pain. If you experience any signs or symptoms that are not normal for you, please seek the care of a medical professional immediately.

To learn more visit [Moffitt.org/BreastCancerFacts](https://www.moffitt.org/BreastCancerFacts)



Schedule an appointment.
No referral needed.

SEAMLESS CANCER CARE WITH

Moffitt Connect

Moffitt understands that navigating cancer care can feel overwhelming, but you don't have to do it alone. Moffitt Connect streamlines the new patient appointment experience, while guiding you to helpful resources and providing support throughout the process. From prevention to treatment, we welcome you to the only Florida based NCI-designated Comprehensive Cancer Center – your care starts here.

To schedule an appointment, call the Moffitt Connect line at 855-260-3010.
For more information or questions regarding Moffitt Connect email us
MoffittConnect@Moffitt.org.

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