



# Early Detection & Prevention of Breast Cancer

**ACTION:**

Access to Cancer Training, Information, Outreach and Navigation



CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS



# Welcome

- Thank you for letting us speak with you today!
- Cancer affects the whole world. It is important that you know what you can do to prevent/reduce your risk and the risk of your loved ones.
- Today we are speaking about breast cancer.
- This Project is funded by the Cancer Prevention Research Institute of Texas (**project number PP160048**) and is managed by the Center for Community Health Development, School of Public Health, National Community Health Worker Training Center at Texas A&M. The name of the project is: *“ACTION: Access to Cancer Training, Information, Outreach and Navigation.”*
- ACTION’ s purpose is to engage Community Health Workers and partner organizations to deliver more effective cancer education on prevention, detection, treatment and survivorship.

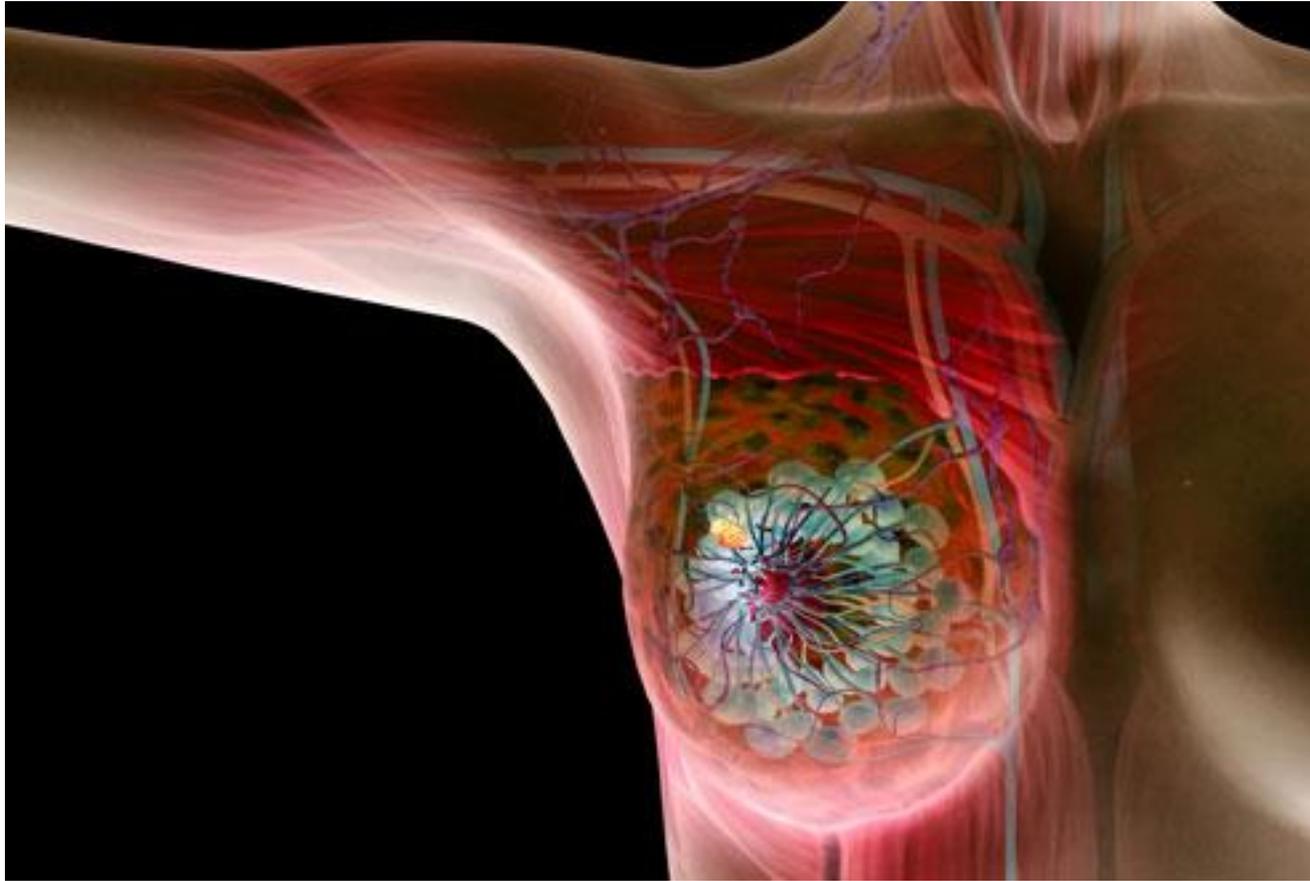


# **ACTION Project: Access to Cancer Training, Information, Outreach and Navigation**

# What is Breast Cancer?

- Breast cancer is a malignant tumor that originates in the breast cells. A malignant tumor is a group of cancer cells that could grow into (invade) the surrounding tissues or spread (metastasize) to distant areas of the body.
- **This disease occurs almost entirely in women, but men can also suffer. 1% of all breast cancer cases occurred in men.**
- Most women have some lumps in the breast.
- **Most lumps are benign and not cancer.**
- There are many types of breast cancer, some common and some rare.

# What is Breast Cancer?



# Who develops breast cancer?

- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- A man's lifetime risk of breast cancer is about 1 in 1,000.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).

# Who develops breast cancer?



# Breast Cancer in Hispanics

- The most common cancer among Hispanic women
- Probability of developing breast invasive cancer from birth to death in Hispanic/Latino women was 9.8%, in the US between 2010-2012
- Survival rate of 88% (89% non-Hispanic whites)
- 64% made a mammogram within the past 2 years (69% of whites)

# Breast Cancer in Hispanics



# Who is at risk?

## Risk factors that CANNOT be changed:

- **Being a woman**
- **Age**
- **Gender (female) and age are the two most common cancer risks**
- Aging
- Genetic risk factors
- Family history - is a risk but 5-10% of breast cancer cases are hereditary
- Personal history
- Race and Ethnicity
- Dense breast tissue
- Some benign breast conditions
- Proliferative lesions
- Proliferative lesions without atypia
- Proliferative lesions with atypia
- Menstrual periods

# Who is at risk?



# Who is at risk?

## Factors Related to Lifestyle

- **Having children:** Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk.
- **Recent use of oral contraceptives:** Women using oral contraceptives (birth control pills) have a slightly greater risk of breast cancer than women who have never used them
- **Alcoholic beverages:** Consumption of alcohol is clearly linked to an increased risk of developing breast cancer
- **Overweight or obese:** Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause
- **Physical Activity:** Evidence is growing that physical activity in the form of exercise reduces breast cancer risk.
- **Food and vitamin intake:** The American Cancer Society recommends eating healthy foods, emphasizing plant sources. This includes eating five or more servings of vegetables, fruits and vegetables a day, choosing whole grains instead of processed grains (refined), and limiting consumption of red and processed meats.
- **Smoking:** Some studies have suggested that smoking increases the risk of breast cancer

# Factors Related to Lifestyle



<https://www.sciencedaily.com/releases/2014/10/141028082454.htm>  
<https://www.healthtap.com/topics/birth-control-oral-contraceptives>  
<http://www.chicagodieteticassociation.org/is-there-any-relationship-between-alcohol-and-cholesterol/>  
<http://www.sciencemediacentre.co.nz/2011/08/15/obesity-crisis-looms-for-kiwis-nzmj/overweight-or-obese-2/>  
<https://quitsmokingcommunity.org/why-is-smoking-bad-for-you/>

# Levels of Risk

## High Risk

- BRCA1 or BRCA2
- First-degree relative
- Radiation therapy to the chest area of 10-30 years
- Certain syndromes & diseases

## Moderate Risk

- **Personal history of breast cancer:**
  - Ductal carcinoma in situ (DCIS)
  - Lobular carcinoma in situ (LCIS)
  - Atypical ductal hyperplasia (ADH)
  - Atypical lobular hyperplasia (ALH)
  - Give us or irregularly dense breast

## Controversial or Unproven

- Diet and vitamins
- Bras
- Induced abortion
- Chemicals in the environment
- Antiperspirants
- Breast Implants
- Cigarette or tobacco smoke
- Night work

# Risks?

## Controversial or Unproven



<http://www.goodhousekeeping.com/home/cleaning/tips/a16098/stains-deodorant-may07/>

<https://www.thirdlove.com/collections/bras>

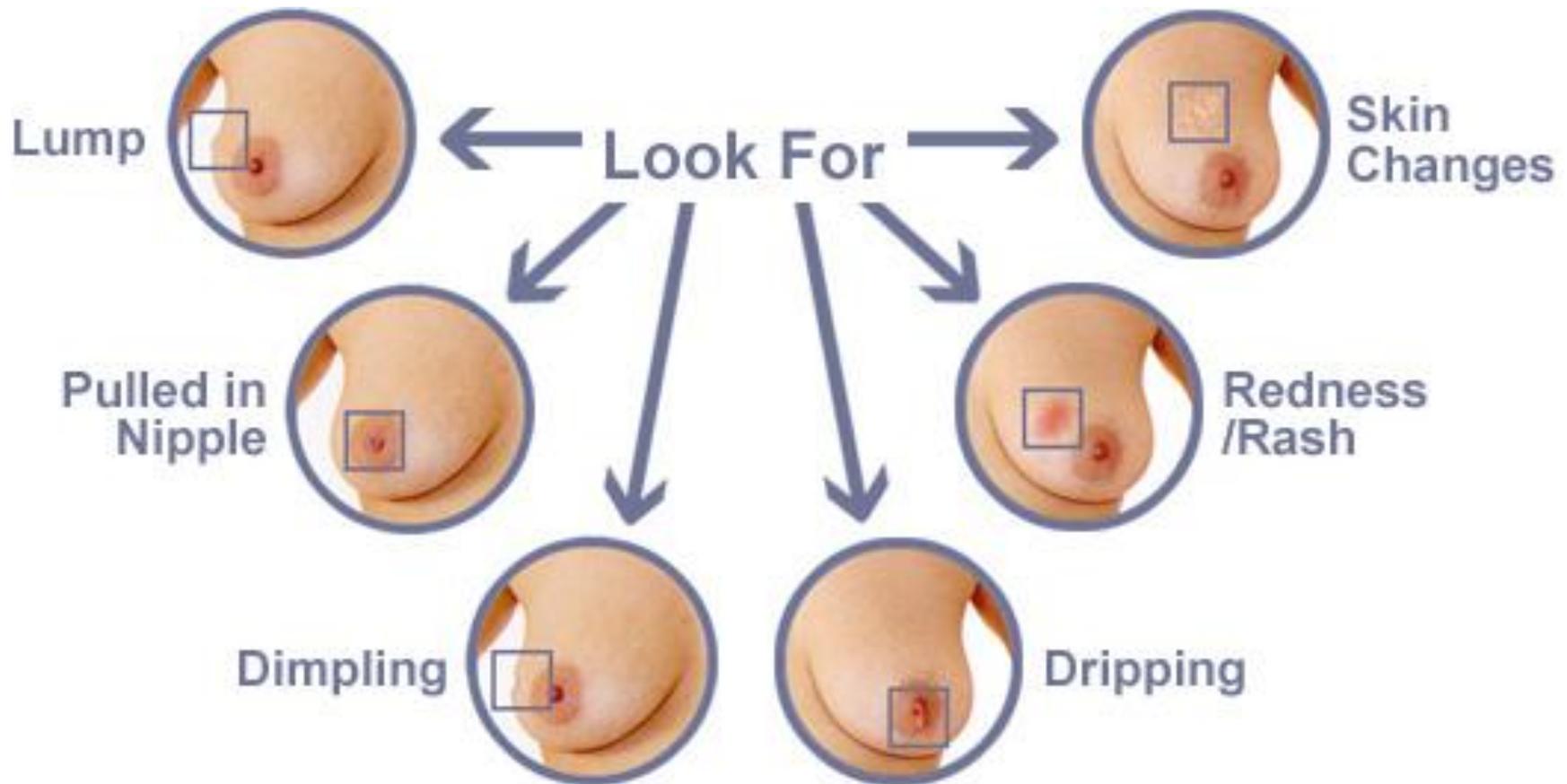
<http://www.ncptsc.org/2016/05/07/what-to-eat-during-pregnancy/>

<http://www.n1health.com/HealthyLiving/blog/the-%E2%80%9Cwhy%E2%80%9D-and-%E2%80%9Cwhat%E2%80%9D-of-vitamins-supplements-and-diet>

# What are the Signs and Symptoms of Breast Cancer?

- The most common symptom of breast cancer is a new lump or bump. A painless lump, hard, with irregular edges is more likely to be cancer, but cancers of the breast may be tender to palpation, soft and rounded. They can even cause pain. For this reason it is important that any new lump or bump within examined by a physician experienced in breast disease
- Inflammation of part or the whole breast
- Irritation or fissures in the skin.
- Breast pain or nipple.
- Shrinkage (contraction) of the nipples
- Redness
- Peeling
- Thickening of the breast skin or nipple
- Nipple discharge (other than milk)

# What are the Signs and Symptoms of Breast Cancer?



# What Can I Do?

- Reduce your risk
- Body weight
- Physical Activity
- Healthy Eating
- Limit alcohol beverages
- Breastfeed their babies
- Do not use hormone therapy
- **Early detection**
- Over 40 years, a mammogram every year
- Between 20 and 30 years, Clinical Breast Exam every 3 years. From age 40, 1 time per year.
- From age 20, learn about the benefits and limitations of the Self-Test
- Women at high risk mammogram every year
- Moderate-risk women should talk to your doctor

# What Can I Do?



# What are the methods for cancer detection?

## Mammogram

- An x-ray of the breast
- Can often find or detect breast cancer early, when it's small and even before a lump can be felt
- Two types:
  - Screening mammograms: used to look for breast changes in women who have no signs or symptoms of a breast problem
  - Diagnostic mammograms: used to get a closer look of a change seen on a screening mammogram
- Can't prove that an abnormal area is cancer, but can help health care providers decide whether more testing is needed
- 2 main types of breast changes found with a mammogram
  - Calcifications: tiny mineral deposits within breast tissue; look like small white spots on the pictures; may or may not be caused by cancer
  - Mass or tumor: may or may not have calcifications; can be many things including cysts (fluid-filled sacs) and non-cancerous solid tumors but can also be cancer

# What are the methods for early detection?

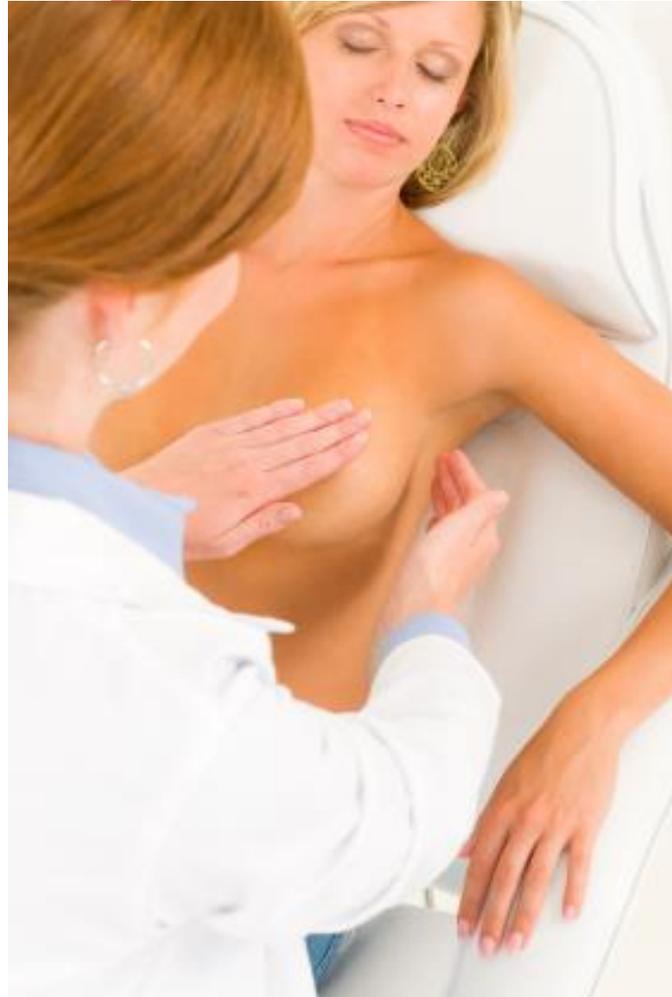


# What are the methods for cancer detection?

## Clinical breast exam

- A doctor or nurse will feel the breast to detect any lumps or other abnormalities
- Women 20 to 30 years every 3 years
- Women over 40 at least 1 time per year with annual mammogram
- Like self-examination

# What are the methods for early detection?



# What are the methods for cancer detection?

## Self-Exam

- When should it be done?
  - From age 20
  - Once a month
  - 7 to 10 days after menstruation
- Because you should examine your breasts?
  - Knowing the normal structure of your breasts.
  - You can identify any anomalies in the future.
  - 95% of cases can be cured
- **Types**
  - Visual
  - Shower
  - Lying Down

# What are the methods for early detection?



*In the shower*



*In front of a mirror*



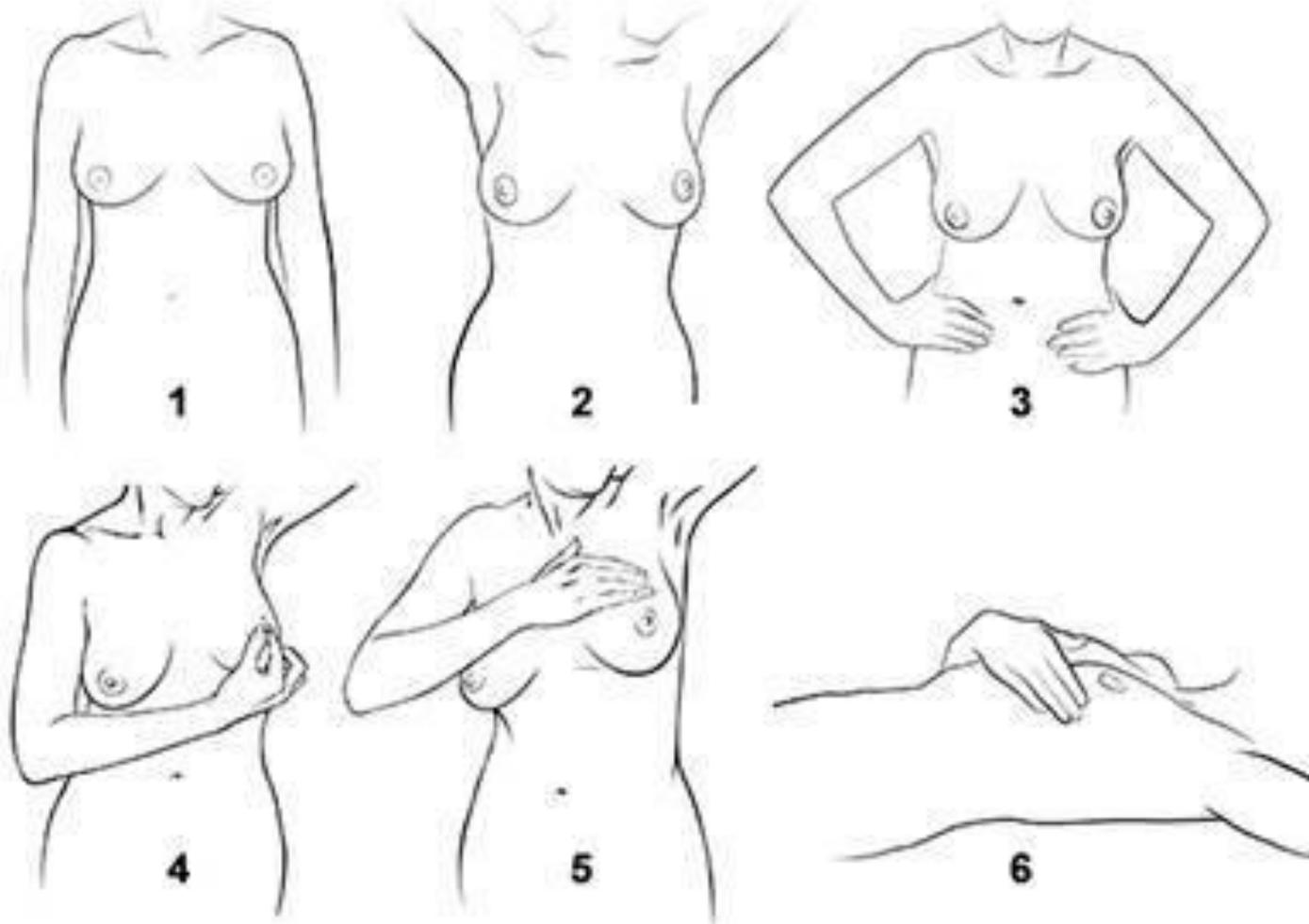
*Lying down*

# How to practice the Self

## Breast Exam

- Stand before a mirror and look at your breasts, first with the arms hanging freely, then with the hands pressing the waist (this maneuver contracts the pectoral muscle), then with hands on waist bending forward, and then raising them above the head.
- **Look at your breasts for:**
  - Swelling, redness, warmth, or change in color
  - Change in size or shape, as in the contour of each breast (lumps, hardness, thickening pulling in of the nipple)
  - Puckering or dimpling of the skin
  - Itchy, scaly sore or rash on the nipple
  - Nipple discharge
  - New pain in one spot that doesn't go away

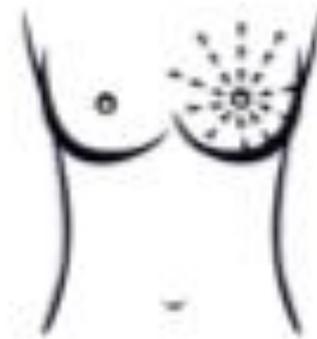
# How to practice the Self Breast Exam



# How to practice the Self Breast Exam

- Lie down and place a pillow or a thick cloth folded under your right shoulder.
- To examine your right breast, place your right hand behind your head bringing the elbow
- With your left hand with the fingertips, press gently with circular movements
- Continue turning the breast. Feel the entire surface for a mass or sunken area
- To examine your left breast, place your left hand behind your head bringing the elbow, follow the steps above

# Self Breast Exam Lying Down



# Breast Cancer Myths

- **Myth:** hitting or bruising of the breasts (i.e. accidents, sports injuries) can lead to breast cancer.  
**Fact: This does not cause breast cancer.**
- **Myth:** Underarm deodorant (antiperspirant) causes breast cancer (the concern is with antiperspirant chemicals being absorbed near the breast area).  
**Fact: This has not been shown in medical studies.**
- **Myth:** Sleeping with a bra or wearing an under-wire bra can increase risk for breast cancer.  
**Fact: Some people think the issue is restricting circulation, or the metal in the under wire. It does not cause breast cancer.**
- **Myth:** Breast cancer does not occur in young women.  
**Fact: Breast cancer is one of the most common cancers found in the 20-39 age group.**
- **Myth:** Abortion, or terminating a pregnancy can increase the risk for breast cancer.  
**Fact: This topic has been studied and no evidence has been found to link the two.**
- **Myth:** It's not possible for men to develop breast cancer.  
**Fact: It is extremely rare, but nearly 1% of all breast cancer cases do affect men.**

# Breast Cancer Myths



## Common Errors

# Be “P.I.N.K.” to reduce your risk

## **P** ractice what you know

- eat healthy
- be active
- don't smoke
- one drink per day or less

## **I** nvestigate the information

- know fact from fiction

## **N** know what's normal

- for your body and breasts

## **K** nowledge is power

# In summary.....



What questions do you have?

Now we will talk about treatment options for breast cancer.

# QUESTIONS??????



# Training Objective:

- Residents will gain knowledge about treatment options for breast cancer.



# Treatment Options for Breast Cancer

## ACTION:

Access to Cancer Training, Information, Outreach and  
Navigation



CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS



# What are my options?

- Conventional Treatments
- Complementary Treatments
- Alternative Treatments
- Clinical Trials

*We will further discuss these treatment options in the next slides.*

“I’m sorry to be the one to tell  
you this... but you have  
breast cancer.”

*“What am I going  
to do?”*

# Factors affecting recovery & treatment options

## Chance of recovery & treatment options depend on:

- Stage of cancer (tumor size & locations)
- Breast cancer type
- Estrogen receptor & progesterone receptor levels in the tumor
- Human epidermal growth factor type 2 receptor levels
- Whether the tumor is triple-negative
- How fast the tumor is growing
- How likely the tumor is to come back
- Age, general health, & menopausal status (whether a woman is still having menstrual periods)
- Whether cancer has just been diagnosed or has come back

# What factors affect recovery & treatment options



# Categories of Treatment Options

## Conventional treatments:

Conventional treatments are commonly used by medical practitioners to treat cancer. These treatments are sometimes called 'mainstream' or 'orthodox' and are widely accepted.

# Conventional Treatments



# Conventional Treatments

## **MASTECTOMY:**

- Surgery (removal of cancerous tissue in the body) is the oldest type of cancer therapy and, at present, remains an effective treatment for many cancers.
- Can be used to diagnose cancer, determine where it is housed, whether it has spread, and if it is affecting the functions of other organs of the body; remove cancerous tissue in part or in full;
- Removing the tumor may be the only treatment or may be combined with chemotherapy or radiation therapy that can be administered before or after surgery.

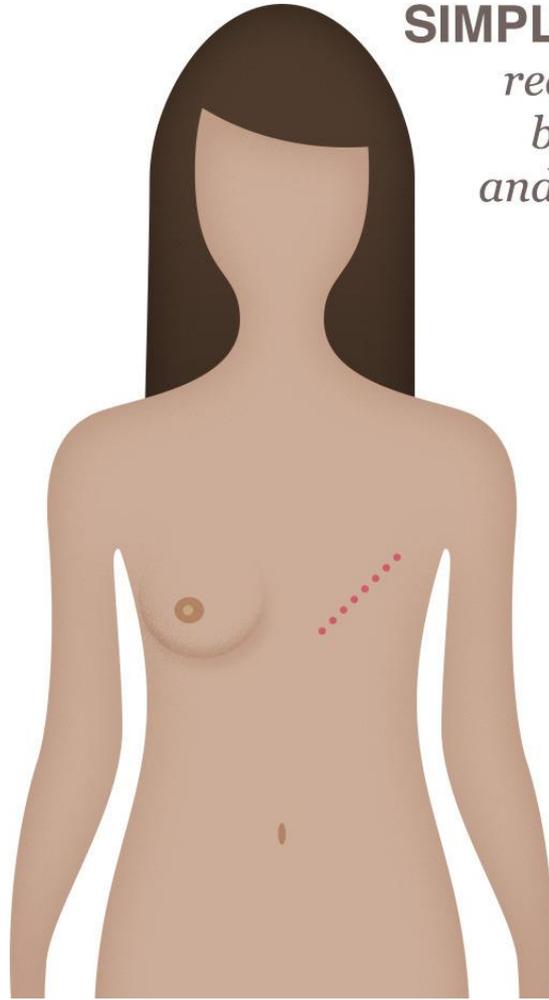
## **The sentinel lymph node biopsy**

- is a procedure to remove the sentinel lymph node during surgery. The sentinel lymph node is the first lymph node to receive lymphatic drainage from a tumor. It is the first lymph node that the cancer is likely to spread to from the tumor. A radioactive substance and/or blue dye is injected near the tumor. The substance or dye flows through lymph ducts to the lymph nodes. The first lymph node to receive the substance or dye is removed. A pathologist views the tissue under a microscope to check for cancer cells. When cancer cells are not detected, it may not be necessary to remove more lymph nodes. After the sentinel lymph node biopsy, the surgeon removes the tumor (breast-conserving surgery or mastectomy).

# Conventional Treatments

## **SIMPLE MASTECTOMY**

*requires removal of the  
breast, nipple, areola,  
and sentinel lymph node  
or nodes.*



## **ONCOLOGY SURGERY**

# Conventional Treatments

## Radiation therapy

- The goal of radiation therapy is to kill cancer cells without harming surrounding healthy tissue.
- In breast cancer, radiation therapy is a complementary treatment that is used in conjunction with surgery, chemotherapy or immunotherapy (biological therapy).

## CHEMOTHERAPY

- Chemotherapy is the use of drugs to kill cancer cells.
- It differs from other cancer treatments in that it is systemic, ie, circulates throughout the body while killing cancer cells and those originals that may have spread to other sites (metastasis). Chemotherapy kills cells that reproduce, but can not differentiate between normal and cancer cells.

Chemotherapy is administered in different ways. Medications can be swallowed, injected into a vein, applied to the skin or infused into a specific body area. The method of administration of chemotherapy depends on the type of cancer patient's physical location and properties of the drug.

- A patient can receive chemotherapy on an outpatient basis or internship in a doctor's office,

## Side Effects:

- Decrease in blood counts
- Hair loss (reversible)
- Confusion
- Nausea, vomiting, & diarrhea
- Decreased appetite
- Damage to the bladder
- Fertility problems
- Eruption
- Numbness or tingling in hands & feet
- Mouth sores
- Photosensitivity
- Dry skin

# Conventional Treatments

## Chemotherapy



## Radiotherapy



# Conventional Treatments

## Hormone therapy:

- is another form of systemic therapy. It is most often used as adjuvant therapy to help reduce the risk of cancer coming back after surgery, but can also be used as neoadjuvant therapy. Also used to treat cancer that has spread or come back after treatment.
- These drugs work by temporarily blocking anti-estrogen estrogen receptors in breast cancer cells, preventing estrogen from sticking to them. Was administered daily in pill form

## Targeted Therapy:

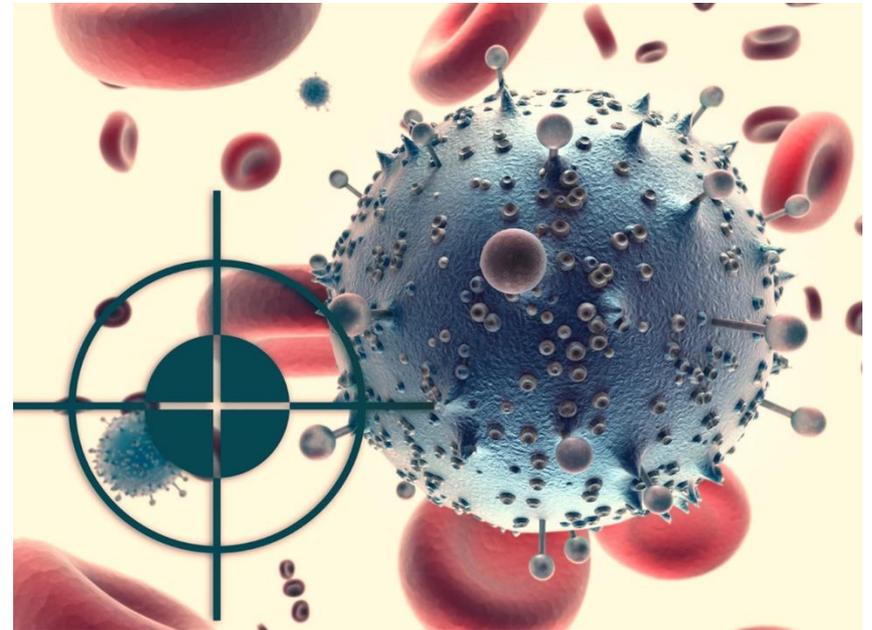
- Type of treatment that uses drugs and other substances such as monoclonal antibodies, to identify and attack specific cancer cells. Targeted therapy may have fewer side effects than other cancer treatments.

# Conventional Treatments

## Targeted Therapy



## Hormone Therapy



# Complementary Treatments

**Complementary therapies** are often used in combination with conventional treatment. These treatments can provide many benefits to the person suffering from cancer. Complementary treatments are " holistic " because they treat the whole body.

## Examples:

- Meditation (yoga )
- Homeopathic and Botanical Products
- Dietary supplements (vitamins and mineral supplements)
- Hypnosis
- Chinese traditional medicine
- Massage Therapy
- Relaxation
- Acupuncture
- Art therapy or music therapy
- Aromatherapy
- REIKI (smart energy )



# Complementary Treatments



<http://www.health.com/health/condition-article/0,,20188906,00.html>

<http://www.healthandfitnesstalk.com/tag/music/>

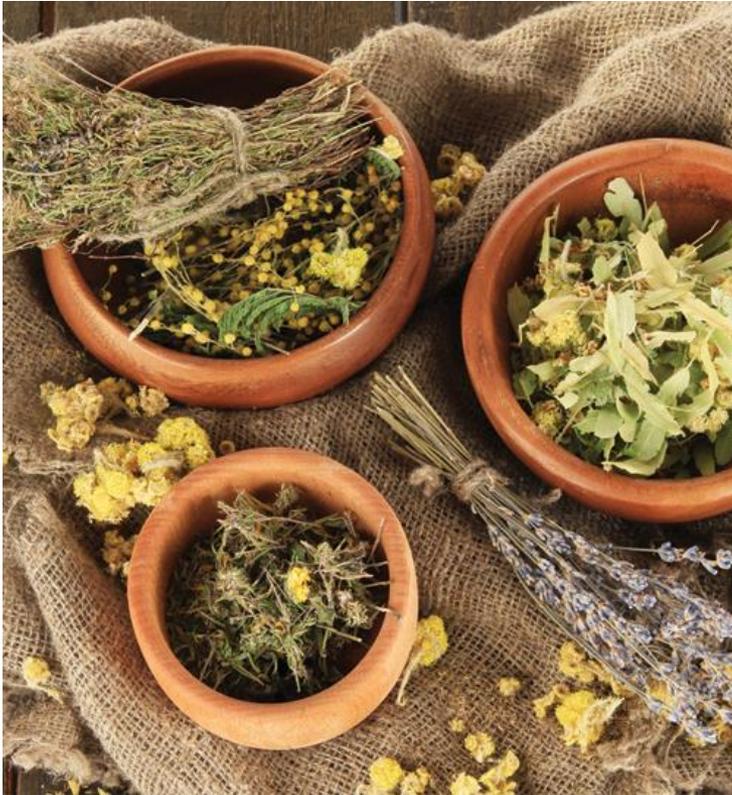
<http://www.medicaldaily.com/dietary-herbal-supplements-lead-liver-damage-20-time-301492>

<http://upperlimits.com/west-county/programs/classes/aerial-fitness/yoga/>

# Alternative Treatments

- **ALTERNATIVE THERAPY:** some Complementary and Alternative Medicine approaches have been found to be safe and effective WITH physician knowledge and consent.
- **Curanderismo (O CURANDISMO):** Often these methods are based on theories of disease and treatment that are contrary to accepted scientific ideas, and they may use patient testimonials as evidence of their efficacy and safety.
- In many cases, it is alleged that the treatment cures other diseases and cancer.
- **HYPERTHERMIA:** The idea of using heat to treat cancer has been around for some time, but early attempts had mixed results. Today, new tools allow more precise delivery of heat, and hyperthermia is being studied for use against many types of cancer.
- **PHOTODYNAMIC THERAPY OR PDT** is a treatment that uses special drugs called photosensitizing agents, along with light to kill cancer cells. The drugs work only after they have been activated or "turned on" by certain types of light. PDT can also be called photoradiation therapy, phototherapy or photochemotherapy.
- Not widely used to treat cancer today. Still, it offers some treatment centers, and is being studied in many clinical trials.

# Alternative Treatments



# Research for New Treatments

- **Clinical trials** are research projects in which volunteers help doctors determine whether a new treatment is effective and safe for patients. Before a drug or other treatment to be tested in patients, it is studied and tested carefully, first in the laboratory or in animals.

# Research for New Treatments



# Questions?

What questions do you have?

Now we will talk about breast cancer survivorship.



# Breast Cancer Survivorship

## ACTION:

Access to Cancer Training, Information, Outreach and Navigation



CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS



# Cancer can change your life forever...

- Once a person has been diagnosed with cancer begins a difficult journey toward SURVIVAL.
- SURVIVAL is one of the most complex aspects of the experience with cancer because it is different for each person.

**Cancer can change your life  
forever...**



**KEEP  
CALM  
AND FIGHT  
BREAST  
CANCER**

# Definition of *Cancer Survivor*:

- An individual from the time of cancer diagnosis, through the remainder of his or her life.
- Cancer survivors also include family, friends, & caregivers who have been affected by his/her diagnosis.

# Who is a *Cancer Survivor*?



# Cancer Survivors

- The number of people living beyond a cancer diagnosis reached nearly 14.5 million in 2014 and is expected to rise to almost 19 million by 2024.
- Approximately 39.6 percent of men and women will be diagnosed with cancer at some point during their lifetimes (based on 2010-2012 data).

Only 5% of cancer survivors – *1 in 20* people – are younger than 40 years



# Prognosis

- The prognosis depends on the stage of cancer.
- **Survival Rate** - The 5-year survival rate refers to the percentage of patients who live at least 5 years after being diagnosed with cancer.  
*(Many patients live much longer than 5 years after diagnosis.)*
- The 5-year relative survival rate for women with stage 0 or stage I breast cancer is close to 100%.
- For women with stage II breast cancer, the 5-year relative survival rate is about 93%.
- The 5-year relative survival rate for stage III breast cancers is about 72%.
- Metastatic, or stage IV breast cancers, have a 5-year relative survival rate of about 22%.

# Prognosis



## Survival Rate

# Recurrence

- Breast cancer can recur at any time
- Most recurrences occur in the first 3-5 years after initial treatment
- Can come back as a local recurrence (in the treated breast or near the mastectomy scar) or as a distant recurrence somewhere else in the body
- Most common sites of recurrence outside the breast include: lymph nodes, bones, liver, lungs, or brain.

## Factors Affecting Chance of Recovery & Treatment

- A. Stage of the cancer (tumor size & location)
- B. Type of breast cancer.
- C. Estrogen receptor and progesterone receptor levels
- D. Human epidermal growth factor type 2 receptor levels
- E. Whether the tumor tissue is triple-negative
- F. How fast the tumor is growing.
- G. Chance of the tumor returning.
- H. A woman's age, general health, and menopausal status (if a woman is still having menstrual periods).
- I. Whether the cancer has just been diagnosed or has recurred (come back)

# Recurrence



# Challenges facing Breast Cancer Survivors

## **Physical:**

- Pain
- Itching around the scars
- Mutilation
- Tiredness
- Fatigue
- Hair loss
- Nausea/Vomiting
- Dry cough
- Chest pain 2 or 3 months after radiation therapy
- Swelling
- Acquired diseases from treatment (late effects)

## **Psychological/ Emotional:**

- Fear of recurrence
- Anger
- Guilt
- Sadness
- Stress
- Sex: physical or emotional changes that keep you from being intimate with your partner

# What are some challenges facing Breast Cancer Survivors?



**Physical**



**Psychological/  
Emotional**

# Challenges facing Breast Cancer Survivors

## **Social:**

- Family interaction
- Over-protective family.
- Discrimination
- Rejection
- Lack of comprehension
- Difficulty returning to work or getting a new job

## **Life style:**

- Work schedules
- Change in habits (diet, physical activity)
- Family activities, etc.

## **Economic:**

- Bills
- Medical expenses
- Household expenses

# What are some challenges facing Breast Cancer Survivors?



**Lifestyle**



**Social**



**Economic**

<http://blog.totallyready.com/money-money-money/01/30/jar-moneyjpg-2/>  
<https://www.cdc.gov/physicalactivity/>  
[p://www.nhs.uk/Livewell/mentalhealth/PublishingImages/82651143\\_returning-to-work\\_377x171.jpg](p://www.nhs.uk/Livewell/mentalhealth/PublishingImages/82651143_returning-to-work_377x171.jpg)

# Tips for Cancer Survivors

## 1. Get a summary of your treatments.

- Have a list of:
  - Surgery
  - Radiation
  - Chemotherapy doses you received so that you can communicate these to your primary care providers.
- This will help you plan for next steps

## 2. Make a plan for monitoring the long-term effects of your cancer treatment.

- Talk to your doctor about the potential long-term effects of your cancer treatment and what to look for.
- Some cancer treatments can increase the risk of cardiovascular problems or second cancers.
- Other treatments can impact your bones.

## 3. Learn how to manage the fear of cancer coming back.

- Find out your risk of recurrence from your health care provider.
- Remember that risk is based on averages and does not apply to you as an individual.
- Consider counseling or other assistance to help you face your fears and move forward.

# Tips for Cancer Survivors



# Tips for Cancer Survivors

## 4. Get moving

- Physical activity will make a quick change in how you feel and potentially reduce your cancer-related risks.
- Find opportunities to walk or take stairs.
- Walk (exercise) with a friend or family member.

## 5. Eat Well

- Your diet doesn't have to be perfect.
- Fruits, vegetables and whole grains can make a difference in how you feel.
- When you start to eat healthier foods, it is easier to avoid less healthy foods.
- Exercise and nutrition are good but not the only things.

## 6. Live a healthy lifestyle

- To have a better quality of life:
  - don't smoke
  - limit alcoholic drinks to one per day
  - use sunscreen to protect your skin
  - get enough sleep

## 7. Reclaim your body

- Most women gain weight following breast cancer treatment.
- Weight control is important.
- Menopause and medications can lead to body changes and weight gain.
- Exercise and talk to your doctor about ways to avoid gaining weight.

## 8. Manage Symptoms.

- Don't suffer unnecessarily.
- Talk to your doctor if you have:
  - fatigue
  - lack of stamina that does not improve with time
  - difficulty working or remembering what you need to do
  - other aches, pains and symptoms that make it hard to enjoy your life

# Tips



# Tips for Cancer Survivors

## 9. Connect with other survivors

- Your family and friends are important support pillars.
- Additionally, it is important to talk or exercise with women who have experienced cancer and understand what it's like to be a survivor.

## 10. Use available resources

- There are several community resources.
- There are several online resources.
- Doctors can teach or refer patients to learn about alternatives to reduce side-effects caused by treatments:
  - Relaxation exercises
  - Meditation
  - Self-hypnosis
- Stay informed:
  - Have good communication with your doctor
  - The doctor will help you understand your illness & treatments
  - Have a positive attitude during your recuperation.
- Support Groups
  - Provide and receive emotional support
  - Learn from the experiences of others
  - Feel that you are not alone in this process.
- Faith & Family
  - Faith: Strength, Hope, Value
  - Emotional & spiritual support
  - Make decisions
  - Perform household chores
  - Transportation & go with you to your medical appointments

# Tips



# References/Questions

- <http://www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-what-is-breast-cancer>
- [http://www.breastcancer.org/symptoms/types/male\\_bc](http://www.breastcancer.org/symptoms/types/male_bc)
- [http://www.breastcancer.org/symptoms/understand\\_bc/statistics](http://www.breastcancer.org/symptoms/understand_bc/statistics)
- <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-046405.pdf>
- <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors>
- <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-diagnosis>
- <http://www.cancer.org/cancer/breastcancer/moreinformation/breastcancerearlydetection/breast-cancer-early-detection-signs-symptoms-br-ca>
- <http://www.cancer.org/cancer/news/features/five-ways-to-reduce-your-breast-cancer-risk>
- <https://health.clevelandclinic.org/2014/10/breast-practices-how-to-do-your-monthly-self-exam-infographic/>
- <http://www.healthywomen.org/content/publication/breast-self-exam-shower-card>
- <http://ww5.komen.org/BreastCancer/Breastselfawareness.html>
- \*Modified from: Zero Breast Cancer, Breast Cancer and Environment Peer Education Tool Kit (see Appendix C). Manitoba Breast & Women's Cancer Network, Adolescent Breast Health Resource Package, September 2007.; <http://www.cancer.org/cancer/cancerinyoungadults/detailedguide/cancer-in-young-adults-cancers-in-young-adults>
- Manitoba Breast & Women's Cancer Network, Adolescent Breast Health Resource Package, September 2007 [http://www.cancercare.mb.ca/resource/File/abhr/Schools/11-appendices/Appendix\\_E\\_Breast\\_Health\\_Fair\\_Planning\\_Kit.pdf](http://www.cancercare.mb.ca/resource/File/abhr/Schools/11-appendices/Appendix_E_Breast_Health_Fair_Planning_Kit.pdf)
- <http://aboutcancer.com/cancer.htm>
- <http://www.cancer.gov/cancertopics/pdq/treatment/breast/Patient/page1>

Behind every  
successful woman is  
herself!

- Questions?



# References/Questions

- <http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/about/the-difference-between-complementary-and-alternative-therapies>
- <http://www.cancer.gov/types/breast/patient/breast-treatment-pdq#section/all>
- Courtesy of: 2012 H. Lee Moffitt Cancer Center & Research Institute
- <http://www.cancer.net/navigating-cancer-care/how-cancer-treated/chemotherapy/side-effects-chemotherapy>
- <http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/complementaryandalternativemethodsandcancer/cam-and-cancer-toc>
- <https://nccih.nih.gov/health/cancer/camcancer.htm#use>
- <http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/complementaryandalternativemethodsandcancer/complementary-and-alternative-methods-and-cancer-kinds-of-treatment>
- <http://www.cancer.gov/about-cancer/treatment/types/surgery/hyperthermia-fact-sheet>
- [http://bernard.pitzer.edu/~hfairchi/pdf/psychology/Therapy%26Diversity/Tafur\(2009\)Curandismo.pdf](http://bernard.pitzer.edu/~hfairchi/pdf/psychology/Therapy%26Diversity/Tafur(2009)Curandismo.pdf)
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3643637/>
- <http://www.cancer.gov/about-cancer/treatment/clinical-trials/what-are-trials>
- <http://health.usnews.com/health-conditions/cancer/information-on-surviving-cancer/overview>
- <http://www.cancer.gov/publications/patient-education/life-after-treatment.pdf>
- <http://www.cancer.gov/about-cancer/understanding/statistics>
- <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042801.pdf>
- <http://www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-survival-by-stage>
- <http://ww5.komen.org/BreastCancer/ReturnofCancerafterTreatment.html>
- [http://www.talkaboutrx.org/documents/HCP\\_Fact\\_Sheet\\_Handout.pdf](http://www.talkaboutrx.org/documents/HCP_Fact_Sheet_Handout.pdf)

Behind every  
successful woman is  
herself!

- Questions?



# References/Questions

- <https://www.mskcc.org/videos/physical-and-emotional-changes-affecting-breast-survivors>
- <http://www.medscape.org/viewarticle/586341>
- <http://www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/index>
- <http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-033876.pdf>
- <http://www.facs.org/cancer/coc/programstandards2012.html>
- <http://www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/index>

Are there any questions?

Thank you for time!

Behind every  
successful woman is  
herself!

- Questions?

