

**It's never too soon
or never too late
to reduce your risk of
breast cancer**





The Key Facts

- **Abnormal Growth of Cells in the Breast:**

- Usually starts in the lining of the breast ducts or lobules growing into cancerous (malignant) tumours.

- **Types of Cancer in the Breasts:**

- **Ductal Carcinoma in Situ (DCIS)** – tumour in the breast duct

- 20-25% of mammograms detect DCIS – of these: 20% cancer returns and 50% returns as **invasive** breast cancer (NBCF2019)

- **Invasive Breast Cancer**

- The cancer has spread from the breast ducts or lobules into the surrounding breast tissue and possibly outside the breast.
- Most breast cancers are found when they are invasive.

- **Invasive Breast Cancer types:**

- **Early** – within the breast. May not have spread to lymph nodes.
- **Locally Advanced** – generally often larger than 5cm spread to e.g. skin, muscle, ribs, lymph nodes
- **Advanced** – cancer cells have spread (metastasised) outside the breast to other part of the body.



Who does breast cancer affect?

- **Everyone** can be affected and impacted by breast cancer.
- **It Does Not Discriminate** – by age, gender, family, friend, colleague, religion, background, culture etc.





Australia Breast Cancer Predictions ^[2]

Approximately 57 Australians are diagnosed each and every day.

Women^[3]

- Breast cancer is the most commonly diagnosed cancer amongst women in Australia.
- Estimated breast cancer would account for approximately 28% of all new cancers.
- **1 in 7** women will be diagnosed in their lifetime.
- Approximately **80%** of new cases of breast cancer are in women **aged 50 and above**.
- Around **1,000** young women (under 40) are diagnosed with breast cancer each year – that's **3 young women** every day!

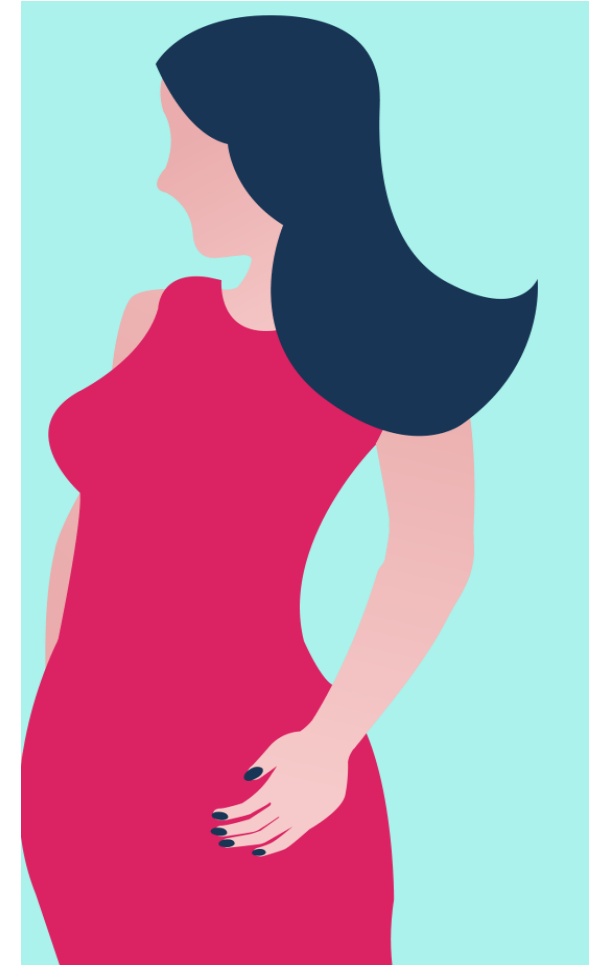
Other Genders

- About 1 in **556** men are diagnosed with breast cancer in their lifetime.
- Trans and gender diverse people - there is no data available.



Who is most at risk of breast cancer?

- We all are - but the major risk factor is being **female**
- The risk increases with age until age group **65-69**, decreases for age group **70-79** before increasing again for **80+**
- Breast cancer is estimated to be the most commonly diagnosed cancer in women aged **20-39** [Cancer Australia]
- Exposure to female hormones – natural and administered
- Risk increases with age, being overweight, poor diet, no exercise and excessive alcohol consumption
- Family history is only significant in 5-10%





What can we do?

Lifestyle Factors have been linked to breast cancer risk.



How is breast cancer detected?



[1] T.L.C.

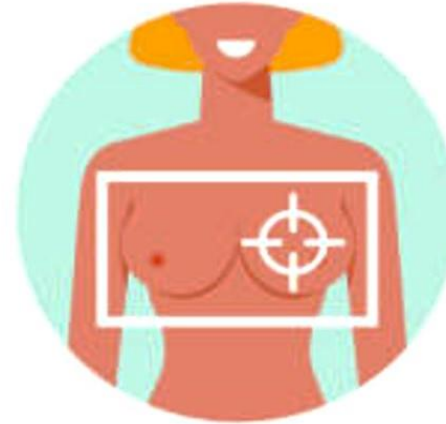
T – **TOUCH** your breasts

L – **LOOK** for changes

C – **CHECK** with your GP



[1] SELF EXAMINATION



[2] MAMMOGRAM



[3] ULTRASOUND

[2] BreastScreen

[3] If necessary
other tests will be done

You have a better
chance of getting well
again when breast
cancer is found early



[3] MRI



[3] BIOPSY



[3] LAB TESTS



[1] Self Examination: How to Help Yourself

It's as simple as **T.L.C.**

TOUCH your breasts. Can you feel anything new or unusual?

LOOK for changes Does anything look different to you?

CHECK any new or unusual changes with a doctor (ASAP)

- Most changes are not likely to be breast cancer
(9 out of 10 lumps are not breast cancer)

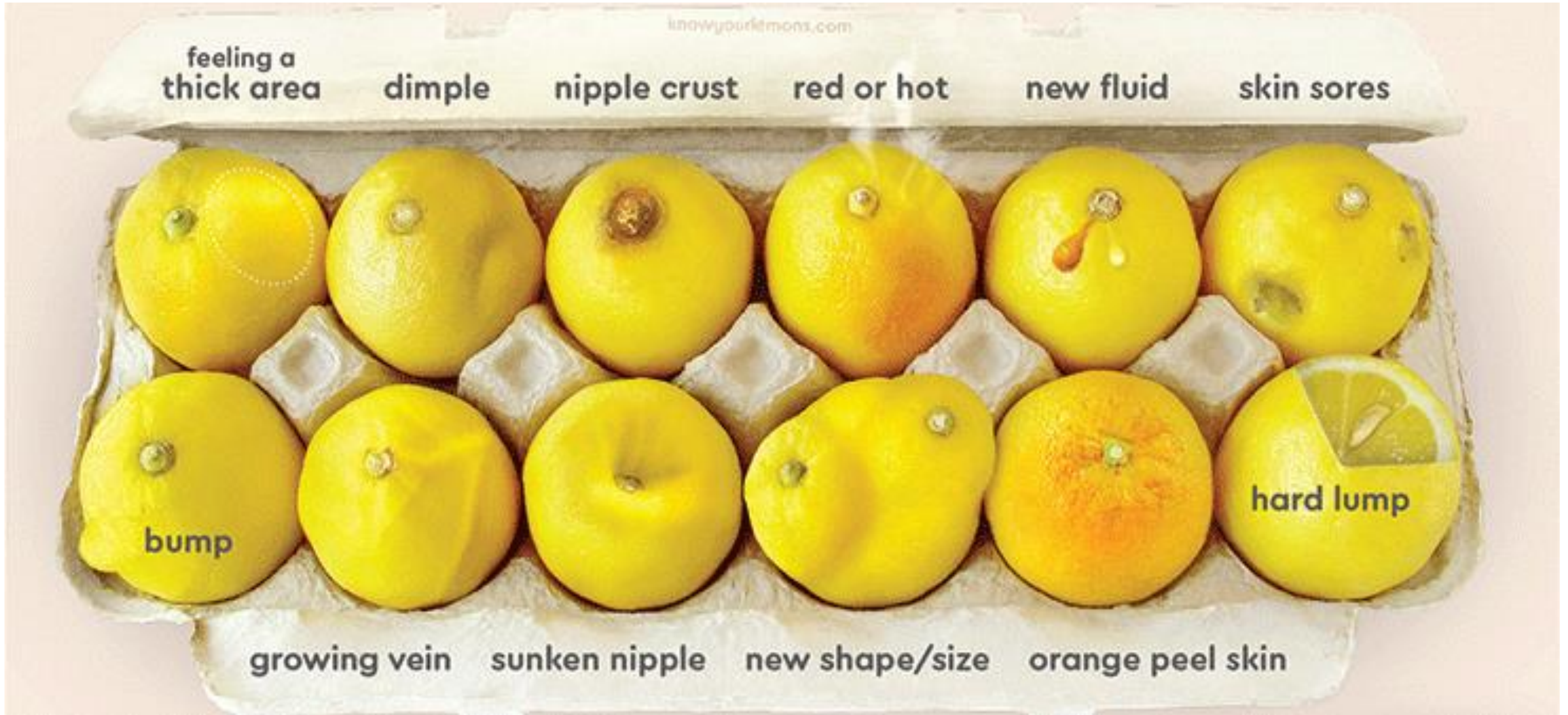
Check regularly – you are more likely to notice changes.

Partners are helpful and often notice changes before you do.

- Reminder date or easy ditty eg. “Feel on the First”



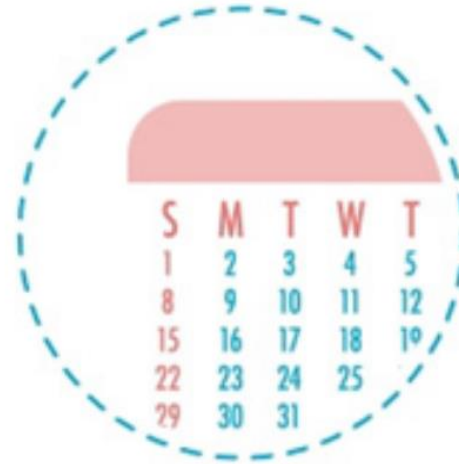
What to look for – signs & symptoms



Remember: Check your breasts regularly



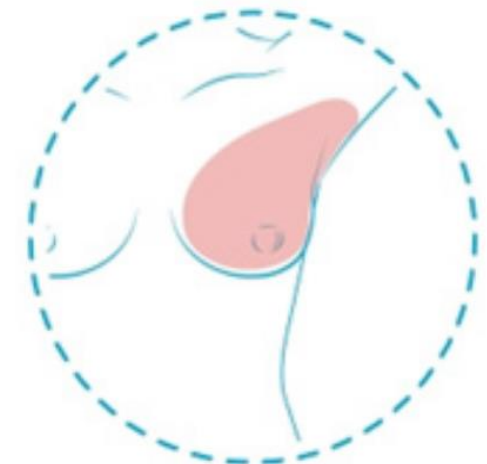
How to Check Breasts



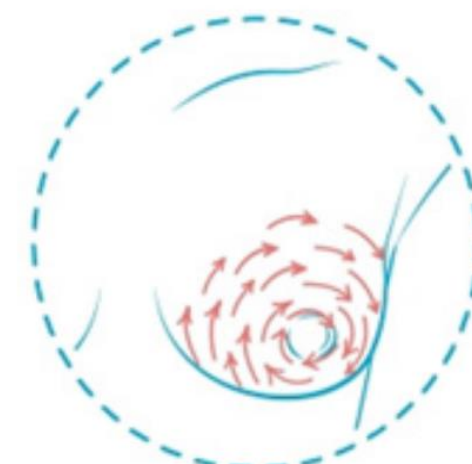
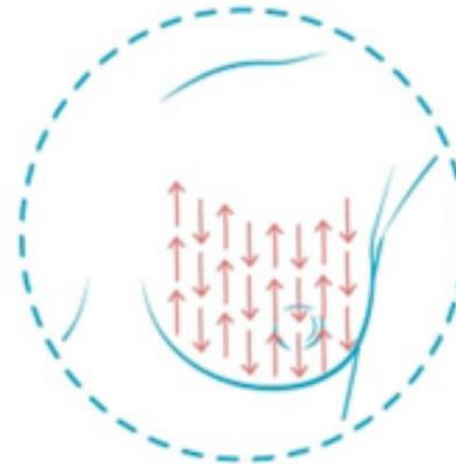
Check same time every month



Use pads of fingers with soap
or shower gel



Check breast and armpit
with raised arm



Press gently up and down and in circles

Check in the shower, lying down and looking in the mirror



[2] It's never too early to BreastScreen

It is sometimes impossible to tell if you have breast cancer in the early stages which is why regular **self-checks** and **breast screenings** are so important.

BreastScreen	13 20 50 The National breast screening program is for those who have NO symptoms.
Locations:	Civic, Belconnen and Woden Queanbeyan (NSW residents only)
Ages up to 39:	Other methods of screening may be done (dense breast tissue) Ask your GP for a referral
Ages 40 – 74:	Target group – at highest risk Invited via mail to have a free breast screen (mammogram) every 2 years.
Ages 75 +	Ask your GP for a referral

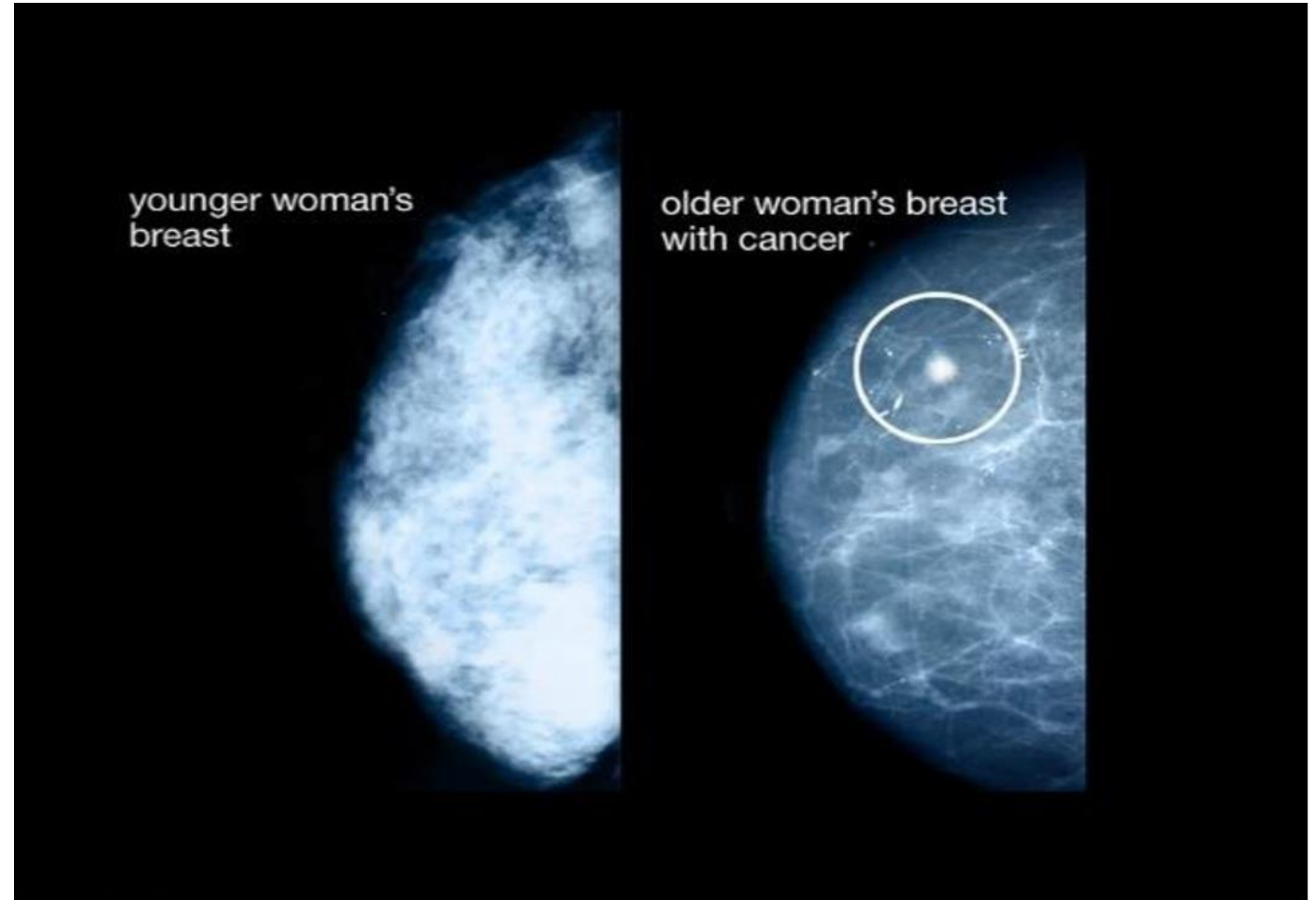


Detection by Mammogram

Regular screening mammograms are the **best way** to find breast cancer early in women **over 40**.

Breast screening **is not** as effective in **younger women** due to denser breast tissue which makes it harder to see small cancers on a mammogram.

Other detection methods such as ultrasounds may be used.



Take **Tender Loving Care** of Yourself



The most important thing
to remember is that

early detection

leads to

early intervention

which then leads

you to a

better outcome

and that

9 out of 10 lumps are not cancer.





The Positive News!



Australia has
one of the best
breast cancer
survival rates
in the world.



**The 5-year survival rate for the ACT and
Southern NSW region* is 93.5%
which is above the national average (92%).**

bcna.org.au

Check out:

www.canceraustralia.gov.au

www.bcna.org.au

www.nbcf.org.au

**the area covered by the ACT breast cancer treatment group*

Connecting People to Support

Your donation stays local and directly supports people in the community!

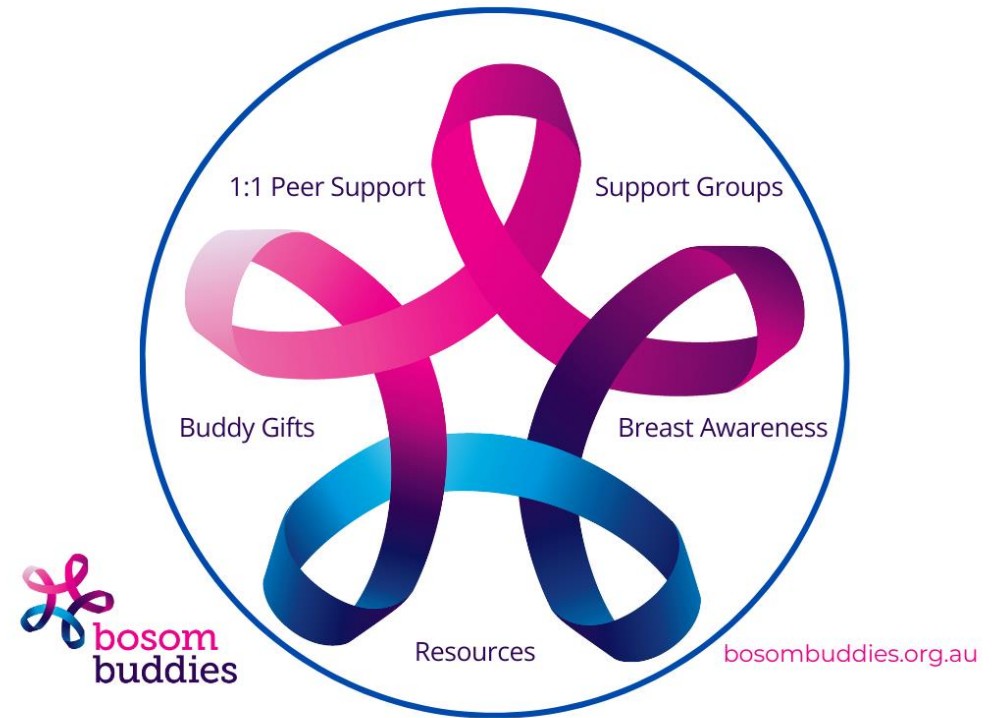
- We function solely to support people diagnosed with breast cancer and their loved ones in Canberra and the surrounding NSW region.
- We rely on the generosity of the community - no funding from the national breast cancer organisations or Federal/State Governments.

Some of the activities that we do:

Peer Support & Support groups: Our support team volunteers provide 1:1 support and facilitate regular support group meetings.

Buddy Gifts: We gift patient aids in our Buddy Bags and Oncology Packs free of charge to breast cancer patients in public and private Canberra hospitals. These are created and assembled by our volunteers.

Breast Awareness & Early Detection sessions: We conduct information sessions to the community and provide information on the services available in the region.



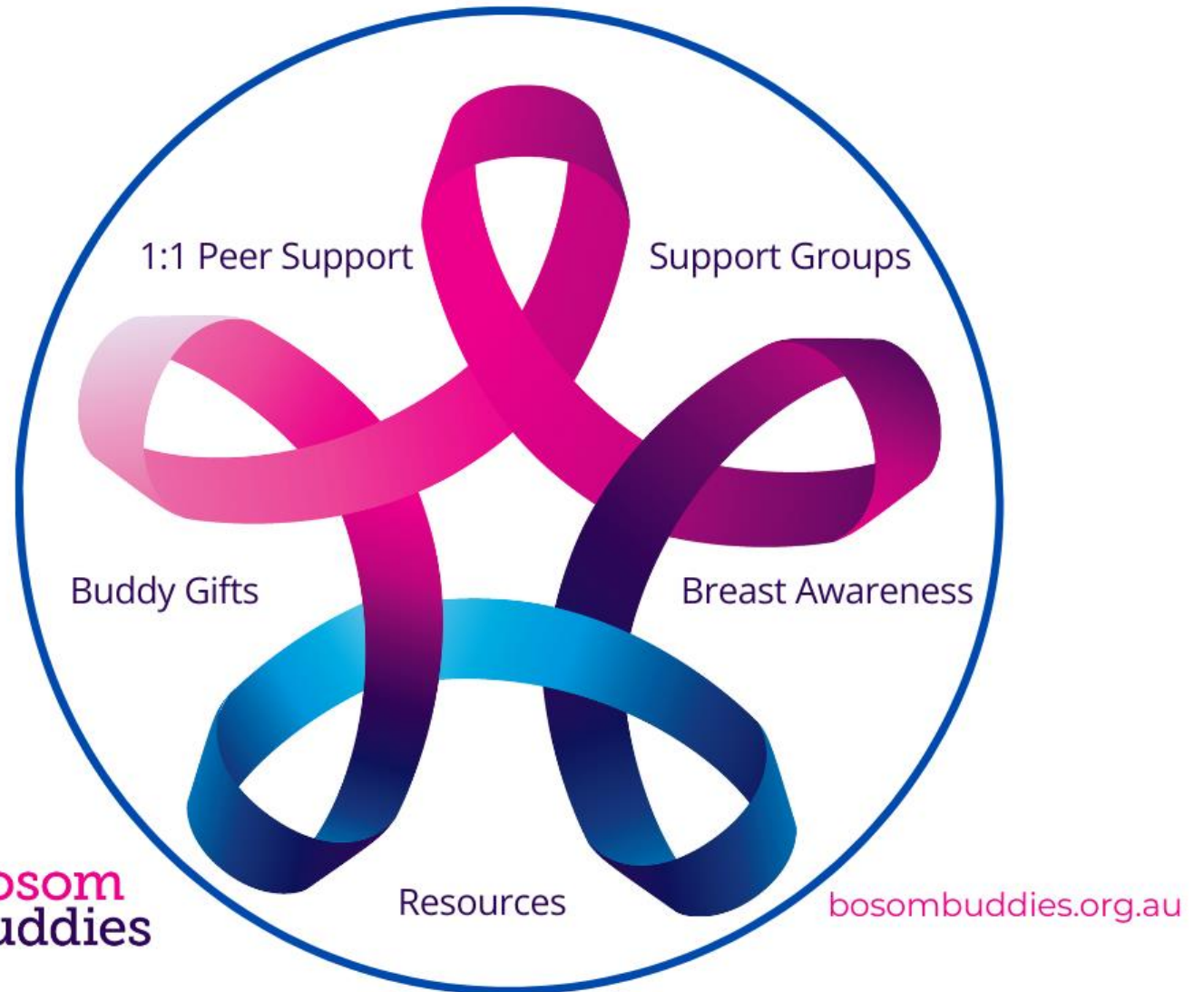
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www.bosombuddies.org.au

ANY QUESTIONS?



References:

(1) World Health Organization (WHO) International Agency for Research of Cancer

<https://www.iarc.who.int/cancer-type/breast-cancer/#summary>

<https://www.iarc.who.int/featured-news/breast-cancer-awareness-month-2021/>

<https://www.who.int/news-room/fact-sheets/detail/breast-cancer> 2021 (5)

(2) Breast Cancer Network Australia (BCNA)

[bcna_stats_infographic_july_2022-1.pdf](#) / bcna.org.au/understanding-breast-cancer/breast-cancer-in-men.

2022 statistics come from: Australian Institute of Health and Welfare 2022. Cancer data in Australia. Cat. no. CAN 122. Canberra: AIHW. Accessed: July 2022;
<https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia>

(3) Cancer Council

<https://www.cancer.org.au/assets/pdf/understanding-breast-cancer-booklet>

www.breastcancerinmen.canceraustralia.gov.au (download Men get breast cancer too from bcna.org.au/understanding-breast-cancer/breast-cancer-in-men)

(4) National Breast Cancer Foundation (NBCF)

<https://nbcf.org.au/about-breast-cancer/breast-cancer-stats/>

(5) Australian Institute of Health and Welfare (AIHW)

(6) Medical News Today

<https://www.medicalnewstoday.com/articles/327488#summary>

(7) Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/breast-cancer/diagnosis-treatment/drc-20352475>

(8) City of Hope.org/breast-cancer-environment

