



# BREAST CANCER MYTH VS. FACT

## LEARN THE FACTS ABOUT BREAST CANCER SCREENING, RISK, AND PREVENTION

**MYTH:** Only women with a family history of breast cancer need screening.

**FACT:** Most women diagnosed with breast cancer do not have a family history. Screening is recommended for all women starting at **age 40–45**, depending on risk factors and guidelines.

**MYTH:** Breast cancer always causes a lump you can feel.

**FACT:** Early breast cancer often does not cause any noticeable symptoms. Mammograms can detect cancer before a lump can be felt, which is why regular screening is important.

**MYTH:** Clinical breast exams (by a healthcare professional) are necessary for every woman.

**FACT:** For women at average risk, clinical breast exams are not recommended as a routine screening tool. Self-awareness and mammograms are more effective for early detection.

**MYTH:** Mammograms are dangerous because of radiation.

**FACT:** Mammograms use very low doses of radiation, much less than other types of x-rays. The benefits of early detection far outweigh the small risk.

**MYTH:** Only older women get breast cancer.

**FACT:** While risk increases with age, women **under 50** can also develop breast cancer. Screening and awareness are important for all adult women.

**MYTH:** Lifestyle doesn't affect breast cancer risk.

**FACT:** Lifestyle choices can impact risk. Maintaining a healthy weight, limiting alcohol, avoiding smoking, and eating a balanced diet can help reduce risk.

### QUICK REMINDERS

- Mammogram screening has reduced breast cancer deaths by **nearly 40%** since 1990.
- Screening should continue as long as you are in good health and expected to live **10+ more years**.
- Talk to your healthcare provider about your risk, lifestyle, and screening options.