**Facts and Statistics**

* Besides skin cancer, breast cancer is the most common cancer in women.
* 1/8 of women get breast cancer.
* 28% of cancer in women is breast cancer.
* 80% of the women diagnosed with breast cancer do **NOT** have a family history.
* Breast cancer risk increases with age.
* **In 2010 there are 2.5 million breast cancer survivors.**

**[](http://www.google.com/imgres?imgurl=http://www.post-gazette.com/pg/images/200805/20080512rad_race_for_cure_330.jpg&imgrefurl=http://www.post-gazette.com/pg/08133/881065-53.stm&usg=__YNC8A11sOYaA-fLFMsqVoRBrc4A=&h=277&w=330&sz=33&hl=en&start=37&zoom=1&tbnid=EfoazPJUfUeFJM:&tbnh=117&tbnw=154&prev=/images%3Fq%3Dbreast%2Bcancer%2Bsurvivors%26um%3D1%26hl%3Den%26sa%3DN%26rlz%3D1T4TSNA_en___US362%26biw%3D1345%26bih%3D555%26tbs%3Disch:1&um=1&itbs=1&iact=rc&dur=207&ei=4szFTILdDYKC8ga3h7XuBg&oei=zMzFTJL7MIKClAeD7oUD&esq=3&page=3&ndsp=25&ved=1t:429,r:2,s:37&tx=115&ty=42)**

**What are the stages of Breast Cancer?**

* **Stage 0**- Pre-cancerous condition. Cancer cells don’t break through the breast tissue.
* **Stage 1**- Cancer cells have invaded normal tissue. The tumor is small (up to 2 cm). The cancer hasn’t spread to the lymph nodes.
* **Stage 2**- The cancer has spread to the lymph nodes. The tumor is from 2-5 cm.
* **Stage 3**- Also known as   
  locally advanced. The tumor is more than 2 inches.
* **Stage 4**- The cancer has spread to other parts of the body (metastatic cancer).

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A Woman’s Guide to Survival

**What is Breast**

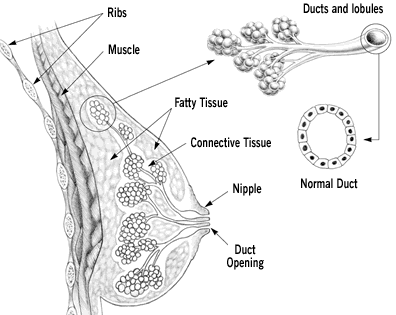
**Cancer?**

* Breast Cancer is a type of cancer in which malignant cells form in the tissues of the breast. These cells can lead to the forming of a tumor.
* The cells are malignant when the divide uncontrollably and don’t die at the correct rate. The extra cells form extra tissue, which is the tumor.
* Glands, ducts, and tissue are the three components that make up the breast.
* Breast cancer normally forms in the ducts of the breast.

**What can I do to prevent Breast Cancer?**

* Exercise Daily
* Limit yourself to 1 drink a Day
* Having children young decreases the risks of breast cancer
* Get tested yearly

**When & How often should I get tested for Breast Cancer?**

  
A woman should get a mammogram and a clinical breast exam by her doctor either every year or every two years starting at age 40.  
  
**However**, if there is a family history of breast cancer getting a mammogram before age 40 is recommended.  
  
  
A mammogram is an x-ray of the breast. A mammogram sometimes may not notice the cancer and vice versa for the clinical breast exam so it’s very important to have **BOTH** done.

**What are the treatment options?**

**A breast cancer patient has many options.   
A few of the options are:**

* **Chemotherapy**- Uses very strong drugs that enter the bloodstream. The drugs attempt to interfere with and halt growth of uncontrolled cells. Used for locally advanced cancer.
* **Radiation**- High beam of energy damages the cancerous cells’ DNA, while the healthy cells survive the radiation.
* **Lumpectomy**- The tumor is surgically removed from the breast.
* **Mastectomy-** The surgical removal of one or both breast.

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Genre 2 : Brochure

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| --- | --- |
| Characteristics | Criteria |
| Content | Informative, Correct, & Interesting |
| Layout | Easy to follow, Organized |
| Design | Pleasing to the eyes. Pictures are relevant |

Examples:

[Brochure 1](http://www.google.com/imgres?imgurl=http://www.lifecirclez.net/Women%27s%2520Conference%2520Images/BREAST%2520CANCER%2520BROCHURE.JPG&imgrefurl=http://www.lifecirclez.net/womens_bc_conference.htm&usg=__RnPMq0RoiIe7ee8kXvDuNB0r9Ms=&h=563&w=750&sz=126&hl=en&start=0&zoom=1&tbnid=7fupOrbQBL_3rM:&tbnh=138&tbnw=191&prev=/images%3Fq%3Dcancer%2Bbrochure%26um%3D1%26hl%3Den%26sa%3DN%26rlz%3D1T4TSNA_en___US362%26biw%3D1345%26bih%3D555%26tbs%3Disch:1&um=1&itbs=1&iact=rc&dur=108&ei=F9HBTPWCKYLGlQeyxv3UCQ&oei=F9HBTPWCKYLGlQeyxv3UCQ&esq=1&page=1&ndsp=17&ved=1t:429,r:1,s:0&tx=100&ty=73)  
[Brochure 2](http://www.google.com/imgres?imgurl=http://2.bp.blogspot.com/_V-lqcuvwlWE/S0Gn_VC1BZI/AAAAAAAAAhc/H8RA2meKzbo/s400/brochure-outside.jpg&imgrefurl=http://codingcreativity.blogspot.com/2009_08_01_archive.html&usg=__Qqa4pDh2Muvb8b4xkYEniN-n4g4=&h=282&w=400&sz=44&hl=en&start=42&zoom=1&tbnid=okq53MfnMorv-M:&tbnh=121&tbnw=172&prev=/images%3Fq%3Dbreast%2Bcancer%2Bbrochure%26um%3D1%26hl%3Den%26rlz%3D1T4TSNA_en___US362%26biw%3D1345%26bih%3D555%26tbs%3Disch:1&um=1&itbs=1&iact=rc&dur=195&ei=WNHBTMudDoL6lwf75qGoCg&oei=Q9HBTOuADYOClAfmyM3NCQ&esq=3&page=3&ndsp=25&ved=1t:429,r:9,s:42&tx=134&ty=43)  
[Brochure 3](http://www.google.com/imgres?imgurl=http://stanfordcac.files.wordpress.com/2009/09/cac-brochure-2009-outside.jpg&imgrefurl=http://stanfordcac.wordpress.com/2009/09/&usg=__SODTMJWACmNSxDGKCC4F_U1Qytw=&h=726&w=939&sz=138&hl=en&start=67&zoom=1&tbnid=lLZ9-4U4MNFdpM:&tbnh=116&tbnw=150&prev=/images%3Fq%3Dbreast%2Bcancer%2Bbrochure%26um%3D1%26hl%3Den%26rlz%3D1T4TSNA_en___US362%26biw%3D1345%26bih%3D555%26tbs%3Disch:1&um=1&itbs=1&iact=rc&dur=171&ei=a9HBTLTxGsHflgfQ9ISjCg&oei=Q9HBTOuADYOClAfmyM3NCQ&esq=3&page=4&ndsp=27&ved=1t:429,r:23,s:67&tx=56&ty=62)