across the globe are throughout the body. BreastCancer.org notes diagnosed with breast Carcinomas can spread that DCIS incidence cancer every year. The to other parts of the rates are possibly so World Cancer Research body, even though they high because people Fund and the American do not always do so. are living longer than Institute for Cancer Research notes that more than two million new carcinoma cases of breast can-

though some are more common than others. Learning to distinguish in situ between the more common types of breast

### mas?

Millions of women line organs and tissue might sound alarming,

cer were diagnosed in to as "IDC," invasive cancer screening ap-2018, making the dis- ductal carcinoma ac- pears to be working, ease one of the most counts for between 70 compelling more womcommonly occurring and 80 percent of all entoget mammograms. cancers in the world. breast cancers, making Upon receiving a it the most common breast cancerdiagnosis, type of the disease, ac-carcinoma patients typically have cording to the National a number of questions, Breast Cancer Founincluding which type dation, Inc.®. Invasive roughly 10 percent of all of breast cancer they means the cancer has invasive breast cancers have. The American spread from the milk are invasive lobular Cancer Society notes ducts, where IDC origi-carcinomas, or ILC. The that there are many nates, to the surround-word "lobular" means

invasive ductal carcino- invasive breast cancer that means the cancer ma, ductal carcinomain that starts inside the has broken through situ and invasive lobu- milk ducts. BreastCan- the wall of the lobule lar carcinoma, can help cer.org notes that "in and has started invadpatients and their sup- situ" means the cancer ing the tissues of the port teams better un- is still in its original breast. Over time, ILC derstand this difficult, place, not having spread can spread to the lymph yet beatable disease. beyond the milk duct to nodes and possibly even any surrounding breast other areas of the body. What are carcino- tissue. That's helpful to

they used to (a person's Invasive ductal risk for breast cancer increases with age) and Sometimes referred education about breast

### Invasive lobular

The ACS notes that types of breast cancer, ing breast tissues. that the cancer began in the lobules, which **Ductal carcinoma** produce milk and empty out into the ducts that carry milk to the Ductal carcinoma in nipple. When a person cancer, which include situ, or DCIS, is a non- is diagnosed with ILC,

The type of breast know, as it calms pa- cancer a person has will tients' fears knowing affect his or her treat-The ACS reports the cancer has been ment. As prevalent that most breast can-caught before it could as breast cancer may cers are carcinomas. metastasize, or spread. seem, it is beatable, and Carcinomas are tu- One out of every five many people overcome mors that start in the new breast cancer cas- the disease and go on epithelial cells that es is DCIS. While that to live happy, full lives.



Health

# Breast cancer signs and symptoms Breast cancer is a and symptoms and are to one side only; and a

formidable foe. Accord- advised to report any nipple that is turned ing to the World Health abnormalities they slightly inward or in-Organization, an esti- discover to their phy- verted are some signs mated 627,000 women sicians immediately. and symptoms of breast lost their lives to breast

an eye out for certain the following signs swelling is exclusive

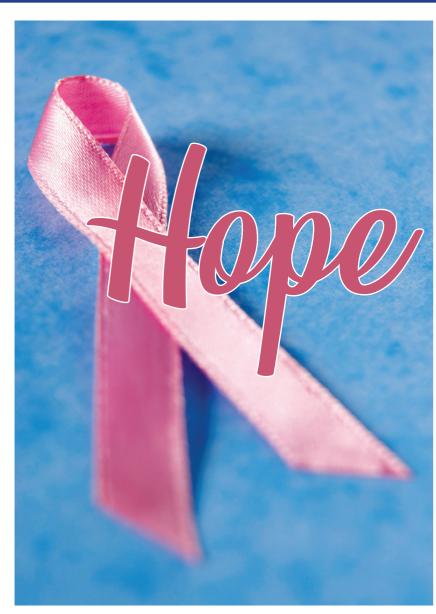
cancer in 2018. But breast or nipple feels: the appearance of the women are not help- The NBCF says nipple breast or nipple. It is less in the fight against tenderness or a lump common for women's breast cancer, as the or thickening in or breasts to be asym-WHO notes early detec-  $\,$  near the  $\,$  breast or un-  $\,$  metrical,  $\,$  but  $\,$  sudden tion is critical and could derarm could indicate asymmetry should be potentially save thou- the presence of breast brought to the attensands of lives each year. cancer. Some women tion of a physician. A proactive ap- may notice changes proach is a key com- in the skin texture or nipple: The NBCF notes ponent of protecting an enlargement of the that any discharge from oneself against breast pores in the skin of the nipple, but particucancer. While the Na- their breast. In many larly a clear or bloody tional Breast Can- instances, skin texture discharge, could be a cer Foundation, Inc.® has been described as sign of breast cancer. notes that many breast being similar to the tex- The NBCF also advises cancer symptoms are ture of an orange peel. womenthatamilky disinvisible and not no- Lumps in the breast charge when they are ticeable without a pro-alsomayindicatebreast not breastfeeding is not fessional cancer screen-cancer, though not all linked to breast cancer ing, women can keep lumps are cancerous. but should be discussed

• Change in appearsigns of breast cancer ance of the breast or they might be able to nipple: Unexplained detect on their own. changes in the size or nizethesignsandsymp-Monthly self-exams shape of the breast; toms of breast cancer can help women more dimpling anywhere on can increase the likelieasily identify changes the breast; unexplained hood of early diagnosis, in their breasts. Dur-swelling or shrinking of which greatly improves ing such self-exams, the breast, particularly women's chances of women can look for when the shrinking or surviving this disease.

Changes in how the cancer that can affect

 Discharge from the with a physician.





It is estimated that more than 200,000 women in the United States will be diagnosed with breast cancer this year, but we find hope in knowing that there are more than 2.9 million breast cancer survivors in the U.S. today. Great strides have been made in early detection and treatment of breast cancer, and these survivors are living proof.

During Breast Cancer Awareness Month join us in bringing awareness to prevention, treatment and survival for breast cancer patients.

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