

EARLY DETECTION SAVES LIVES.



Early detection is your best defense against breast cancer. Annual screening should begin at age 40 or even earlier if a woman is at greater risk.

Breast cancer is the second most common kind of cancer in women, after skin cancer. Although it is more common in women 40 years and older, breast cancer can occur in younger females and in men as well. Many people do not realize that men have breast tissue that can develop into breast cancer.

Treatment for breast cancer in men is generally the same as for women and usually men will have similar outcomes.

Men do not seek medical attention when an onset of symptoms appear as quickly as women and they tend to wait until their symptoms are more severe such as bloody discharge from the nipple, breast pain or a lump.

Men are not required to have yearly mammograms like women, and should seek medical attention if there are any lumps or changes to their breast tissue or underarm areas.

HIGH-QUALITY HEALTH CARE SERVICES TO HELP ACHIEVE OPTIMAL HEALTH!

El Rio operates a full service Radiology Department for your convenience. We have state-of-the-art equipment to support our mission of building a healthier community.

To schedule an appointment, please call (520) 670-3909.



El Rio Community Health Center has many locations throughout Tucson. For more detailed information about services at each location, please visit elrio.org

EL RIO

COMMUNITY HEALTH CENTER

RADIOLOGY SERVICES



Understanding Breast Cancer in Women and Men



RISK FACTORS

Family and personal history of cancer

Age

**Incidence of breast cancer increases with age*

Being female, but men can get breast cancer as well. Men have less of the female hormones, estrogen and progesterone, which can promote breast cancer cell growth.

Onset of menstruation

**at an early or late onset*

Long time use of hormones

DID YOU KNOW?



1,700 +

Men are diagnosed with male breast cancer each year.

One in Eight

Women living in the United States will be diagnosed with breast cancer in her lifetime.



Signs and Symptoms of Breast Cancer

Keep in mind having one or more of the following signs or symptoms does not necessarily indicate breast cancer.

- › Lump in the breast or armpit.
- › Breast pain (that does not vary with monthly cycle).
- › Nipple discharge.
- › Changes in the size or shape of the breast.
- › Unusually firm breast skin.
- › Skin dimpling or irritation.
- › Redness, itchiness, soreness or scaling of the breast or nipple.

If any of the signs or symptoms are experienced seek medical attention. Your provider will determine the next steps for you to take.

Healthy Guidelines for Cancer Prevention

According to the American Cancer Society here are a few guidelines for nutrition and physical activity for Cancer Prevention.

- › Achieve and maintain a healthy weight throughout life.
 - Balance calorie intake. Be as lean as possible without being underweight.
- › Consume a healthy diet.
 - Limit portion size to help achieve and maintain a healthy weight.
 - Limit consumption of processed meat and red meat.
 - Eat at least 2½ cups of vegetables and fruits each day.
 - Choose whole grains instead of refined-grain products.
- › Exercise, exercise, EXERCISE.
- › Adults: at least 1 hour and 30 minutes of activity each week.
- › Children and Adolescents: at least 1 hour of activity each day.
- › Limit alcoholic consumption. Drink no more than 1 per day for women and 2 for men.