

**Q: What is breast cancer?**

**A:** Breast cancer occurs when breast cells become abnormal and divide without control or order. Breast cancer is the most common form of cancer among women in the U.S.

**Q: What is a tumor?**

**A:** A mass or lump of extra tissue is called a tumor. It can be either benign or malignant. Benign tumors are not cancerous. Malignant tumors are cancerous.

**Q: Is breast cancer common in teens?**

**A:** Breast cancer does not often occur in teens. However, it is important to start taking care of your body now. Knowledge of family history is also important.

**Q: What are the symptoms? How will I know if I have breast cancer?**

**A:** Warning signs include a lump, thickening or swelling, change of shape or size, appearance of breast dimples or discharge from the nipple.

**Q: If I have a lump in my breast does it mean I have breast cancer?**

**A:** Only 20% of lumps are found to be cancerous. It is normal for your breasts to feel slightly lumpy or uneven. It is important to conduct self-examinations so that you know what your healthy breast feels like and what may be irregular for you.

**Q: Is there a cure for breast cancer?**

**A:** While there is still no known cure for breast cancer, there are several effective treatment options, including radiation therapy, chemotherapy, surgery and hormonal therapy.

**Q: Does incidence of breast cancer relate to breast size?**

**A:** Large breast size does not increase the risk of breast cancer.

**Q: What are the known risk factors?**

**A:** Some possible risk factors cannot be changed; for example, increasing age, family history and early onset of menstruation. Other possible risk factors can be controlled, like lack of exercise, obesity, excessive dietary fat, smoking and alcohol consumption.

**Q: If my family has a history of breast cancer should I be concerned?**

**A:** Family history of breast cancer is a known risk factor. However, all women are at risk. Over 70% of all breast cancers occur in women with no known risk factors. If your mother or a close family member has or has had breast cancer, ask your doctor about a program for breast health care.

**Q: If I injure my breast will I be more likely to get breast cancer?**

**A:** Breast cancer is not caused by bumping, bruising or touching the breast. However, if your breast does not heal, see your doctor.

**Q: What is a mammography? Does it hurt?**

**A:** Mammography involves the use of x-rays to create a picture of the breast. A mammogram is slightly uncomfortable, but it is the best diagnostic tool that we have.

**Q: When should I go for my first mammogram?**

**A:** Although you should discuss your medical history with your physician, it is recommended that women should go for a baseline mammogram

between the ages of 35 and 40, and every year starting at age 40.

**Q: Are there preventative measures to reduce the risk of breast cancer?**

**A:** Exercise and a healthy diet are believed to reduce the risk of breast cancer. Annual clinical breast exams are recommended. Ask your doctor or nurse about information on how to perform monthly breast exams.

**Q: What can I do to get more involved?**

**A:** There are many ways to get involved, including volunteering, activism, fundraising and peer education. Call the Adelphi Breast Cancer Hotline to find out more.

**Q: What if I have other questions?**

**A:** Call the Adelphi NY Statewide Breast Cancer Hotline & Support Program to speak with specially trained, professionally supervised volunteers for free information, referrals and emotional support.

**Adelphi Breast Cancer Program**

**Hotline: 800.877.8077**

[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer)



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# TEENS & BREAST CANCER

Your Questions Answered!



You are not alone... Help is just a  
phone call away: 800.877.8077.

[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer)