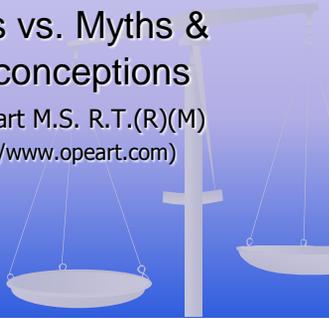


# Breast Cancer Facts vs. Myths & Misconceptions

Olive Peart M.S. R.T.(R)(M)  
(<http://www.opear.com>)



---

---

---

---

---

---

---

---

## The First Myth



- Is Breast cancer a new disease?

---

---

---

---

---

---

---

---

## Fact



The earliest know case of breast cancer - documented on an Egyptian papyrus dated 1600 B.C. - found in 1882

Reported a breast tumor (case 45) listed treatment - cauterization

---

---

---

---

---

---

---

---

## Bathsheba At Her Bath



- Left breast distended & swollen
- Rembrandt van Rijn (1606-1669) used his mistress as a model. She later died after a long illness

---

---

---

---

---

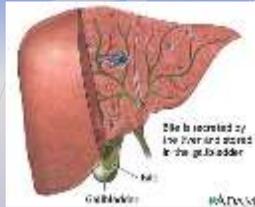
---

---

---

## Early Myths

- Breast cancer caused by imbalance of body humors
  - blood
  - Phlegm
  - yellow bile
  - black bile



---

---

---

---

---

---

---

---

## Early Myths

- Breast cancer linked to melancholia
  - Diet is the only cure
  - Exorcism a possible treatment



---

---

---

---

---

---

---

---

## Discovery of X-ray

- Biggest advance in treatment came after 1895
- Roentgen Rays
- Radiation therapy



---

---

---

---

---

---

---

---

## Dedicated Mammography Units

- Better imaging techniques
  - Improved contrast
  - Increased resolution
  - Increased sensitivity
- Decrease radiation dose to breast
  - Reduced radiation risk



---

---

---

---

---

---

---

---

## Mammography Standards

- 1990s brought Quality Mammograms and Standardization of Mammography Imaging
- Widespread screening



---

---

---

---

---

---

---

---

# Facts vs. Myths

## Facts vs. Myths and Misconceptions

---

---

---

---

---

---

---

---

### Abortion and Breast Cancer

- Myth vs. Fact
  - Abortion will increase breast cancer risk



---

---

---

---

---

---

---

---

### Age

- Myth vs. Fact
  - After being cancer free for 65 yrs you do not need a mammogram



---

---

---

---

---

---

---

---

## Alcohol

- Myth vs. Fact
  - Drinking alcohol will increase breast cancer risk



---

---

---

---

---

---

---

---

## Antiperspirants

- Myth vs. Fact
  - Antiperspirants can cause breast cancer
    - Prevent the armpits from purging cancer toxins through sweat
    - Toxins accumulate in the lymph nodes
    - Chemical in antiperspirants are absorbed in the skin causing cancer



---

---

---

---

---

---

---

---

## Breast Cancer Is an Emergency

- Myth vs. Fact
  - A diagnosis of breast cancer is an emergency and needs immediate surgery



---

---

---

---

---

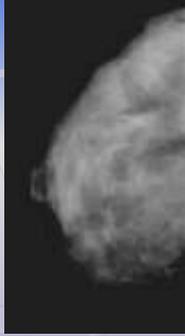
---

---

---

## Dense Breast

- Myth vs. Fact
  - Age and not the density of breast tissue will determine a woman's risk of developing breast cancer



---

---

---

---

---

---

---

---

## Cancer

- Myth vs. Fact
  - Having ovarian, uterus or colon cancer increases your risk of developing breast cancer



---

---

---

---

---

---

---

---

## Coffee Use

- Myth vs. Fact
  - Caffeine in coffee will increase symptoms of fibrocystic disease therefore breast cancer



---

---

---

---

---

---

---

---

## Exercise & Breast Cancer

- Myth vs. Fact
  - Exercise will substantially lower risk of breast cancer



---

---

---

---

---

---

---

---

## Family History - Immediate

- Myth vs. Fact
  - If breast cancer is not in your family you will not get it



---

---

---

---

---

---

---

---

## Family History – Mothers'



- Myth vs. Fact
  - Only your mothers' family history of breast cancer can affect your risk

---

---

---

---

---

---

---

---

## Genetic Link

- Myth vs. Fact
  - Having the BRCA1 or BRCA2 gene means you will get breast cancer



---

---

---

---

---

---

---

---

## Gender



- Myth vs. Fact
  - Males will not get breast cancer

---

---

---

---

---

---

---

---

## High-Fat Foods



- Myth vs. Fact
  - High-fat foods increase breast cancer risk

---

---

---

---

---

---

---

---

## Hormone Therapy (HT)

- Myth vs. Fact
  - HT causes breast cancer



---

---

---

---

---

---

---

---

## Injury to the Breast

- Myth vs. Fact
  - Trauma or injury to the breast can cause cancer



---

---

---

---

---

---

---

---

## Lumps & Breast Cancer

- Myth vs. Fact
  - All lumps are cancerous



---

---

---

---

---

---

---

---

## Magnetic Field Exposure



- Myth vs. Fact
  - EMF- Electromagnetic Fields- can cause breast cancer

---

---

---

---

---

---

---

---

## Mammography Accuracy

- Myth vs. Fact
  - Mammography is 100% accurate



---

---

---

---

---

---

---

---

## Mammography Value



- Myth vs. Fact
  - Mammograms are worthless for younger patients and will not lower a woman's risk of dying from breast cancer

---

---

---

---

---

---

---

---

## Nipple Discharge



- Myth vs. Fact
  - Nipple discharge is always cancerous

---

---

---

---

---

---

---

---

## Oral Contraceptive



- Myth vs. Fact
  - The birth control pill increases breast cancer risk

---

---

---

---

---

---

---

---

## Mastectomy

- Myth vs. Fact
  - A mastectomy guarantees that the cancer will not recur at the site of the mastectomy



---

---

---

---

---

---

---

---

## Menarche

- Myth vs. Fact
  - Early menarche i.e. onset of menstruation before age 12 increases breast cancer risk



---

---

---

---

---

---

---

---

## Menopause

- Myth vs. Fact
  - Late menopause increase your breast cancer risk



---

---

---

---

---

---

---

---

## Painful Breast Lump

- Myth vs. Fact
  - A painful breast lump is always benign



---

---

---

---

---

---

---

---

## Pollutants

- Myth vs. Fact
  - Pollutants such as chemicals can cause breast cancer



---

---

---

---

---

---

---

---

## Pregnancy

- Myth vs. Fact
  - Women who have had breast cancer should not become pregnant
  - High estrogen levels during pregnancy will cause cancers to grow



---

---

---

---

---

---

---

---

## Pregnancy & Breast Feeding

- Myths vs. Fact
  - Never having children increase your breast cancer risk
  - Breast feeding decrease your breast cancer risk



---

---

---

---

---

---

---

---

## Prophylactic Mastectomy

- Myth vs. Fact
  - A prophylactic mastectomy will prevent breast cancer



---

---

---

---

---

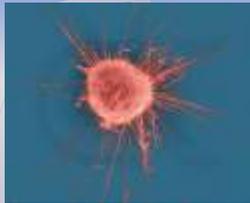
---

---

---

## Risk Factor

- Myth vs. Fact
  - Having a risk factor for breast cancer means that you are sure to get it



---

---

---

---

---

---

---

---

## Statistic - "One in Eight "

- Myth vs. Fact
  - The statistic "one in eight women will develop breast cancer," means that if eight women are randomly selected, then one of those eight women is guaranteed to get breast cancer



---

---

---

---

---

---

---

---

## Stress or a Type-A Personality



- Myth vs. Fact
  - Stressful events lead to cancer
  - Type A personalities are more prone to develop breast cancer

---

---

---

---

---

---

---

---

## Race and Breast Cancer



- Myth vs. Fact
  - Black women get a more aggressive form of breast cancer
  - White women have a higher incidence of breast cancer

---

---

---

---

---

---

---

---

## Radiation

- Myth vs. Fact
  - Past radiation treatment will increase your breast cancer risk



---

---

---

---

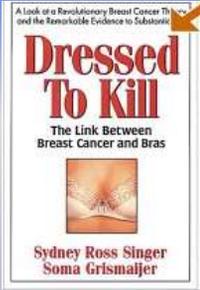
---

---

---

---

## Underwire Bras



- Myth vs. Fact
  - Tight bras constrict the lymphatic allowing toxins to accumulate in breast tissue

---

---

---

---

---

---

---

---

## Thank You!



---

---

---

---

---

---

---

---