

Let's talk about BREAST CANCER

MYTHS VS. FACTS

Unless people experience breast cancer in their own lives, or they're close to someone who does, they might not be able to separate myth from fact when it comes to this disease. Breast cancer is one of the better-known and more-talked-about cancers, but there are still so many misconceptions out there.

Myth 1: If I don't have a family history of breast cancer, I won't get it

Fact: Most people diagnosed with breast cancer have no known family history.

Only about 5% to 10% of breast cancers are hereditary (caused by abnormal gene changes passed from parent to child). The vast majority have no family history, meaning other factors like age and being a woman are the biggest risks.

Myth 2: If you maintain a healthy weight and exercise regularly you don't have to worry

Fact: Although healthy habits lower your risk they cannot eliminate it entirely.

While eating well, staying active, limiting alcohol, and maintaining a healthy weight help reduce risk, many people who do everything right still develop the disease. Regular screenings and self-awareness remain essential.

Myth 3: Breast cancer always causes a lump you can feel

Fact: Breast cancer might not cause a lump especially when it first develops.

Relying solely on feeling for a lump is risky because cancer can be present without one.

Furthermore, waiting until a lump is felt can mean the cancer has already advanced, which is why mammograms and medical screenings are vital.

Myth 4: Annual mammograms guarantee that breast cancer will be found early

Fact: Although mammography is our best screening tool it doesn't always catch cancer early.

Mammograms can miss an estimated 20% of breast cancers at the time of screening (known as a false-negative result), which is more common in dense breast tissue. This makes combining mammograms with monthly self-awareness and annual professional exams crucial.

Myth 5: Wearing a bra or antiperspirant causes breast cancer

Fact: There is no evidence connecting bras or underarm antiperspirants to breast cancer.

Persistent rumors claim underwire bras trap lymph fluid or that aluminum in antiperspirants enters breast cells, but scientific studies and research have found no evidence linking these everyday habits to increased cancer risk.

For more information on Breast Cancer Myths vs.. Facts, visit:

breastcancer.org/facts-statistics/myths-vs-facts



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