Breast Cancer

A STEP AHEAD WITH KNOWLEDGE

Presented by UCR Future Physicians Leaders Students
Presentation Summary

Outline of Topics

1. What is breast cancer?
2. Statistics
3. Risk Factors
4. Signs & Symptoms
5. Diagnostics
6. Epigenetics
7. Resources
What is Breast Cancer?

Breast cancer is a type of cancer that begins in the breast. Cancer begins when cells begin to **grow out of control**. Although breast cancer is most common among women, it can also occur in men.

Why is this Important?

Common Misconceptions

Myths
- Men don't get breast cancer
- I'm too young to get breast cancer
- If I don't have family history I won't get it

Facts
- 1 in 1,249 men have a lifetime risk of breast cancer
- Many women under 40 are diagnosed with breast cancer
- Most people diagnosed with breast cancer don't have a family history
Breast Cancer in the Inland Empire

1 in 8 women will develop breast cancer.

99.3% survival rate

Early detection saves lives.

Death rates

San Bernardino is the highest priority area for breast cancer programs in the IE.

Risk Factors

ALCOHOL
Consuming alcohol, especially in excess of two drinks a day

OBESITY
Obesity is commonly tied to a poor diet and a lifestyle that lacks exercise

ESTROGEN
Menstruating before age 11. Menopause after age 55. Birth of first child after 30

GENETICS
Family history and the genetics passed down can play a role in breast cancer
Signs and Symptoms

- Changes to the skin’s texture
- Nipple discharge
- Nipple retraction or inversion
- Redness
- Lymph node changes
- Swelling
- Dimpling
- Breast or nipple pain
- Lumps
**How is it Diagnosed?**

**Mammogram**
- X-Ray: Best way to find breast cancer early.
- Regularly can lower risk of dying from breast cancer.

**MRI**
- Magnet and radio waves to take pictures
- Used w/ mammogram for high-risk patients.

**Ultrasound**
- A machine that uses sound waves.
- Makes detailed pictures (sonograms) of areas inside the breast.

**Biopsy**
- Removes tissue or fluid from the breast looked at under a microscope to determine more testing.

Self-Breast Exam

ONCE A MONTH

IN THE SHOWER

IN FRONT OF A MIRROR

LYING DOWN

https://www.nationalbreastcancer.org/breast-self-exam
Epigenetics and Cancer

What is a gene?
- The instructions that make up you!

What are Epigenetics?
- The process of controlling genes
- Influenced by the environment
- Reversible

Reversing Bad Epigenetics

**Avoid**
- Blocks gene expression
- Interfere with estrogen pathways
- Interfere's with "folate" levels
- Cause "oxidative stress"

**Nutrition**
- Macronutrients
- Micronutrients
  - Sulfur-based foods
  - Antioxidants
  - Foods with "folate"

**Exercise**
- Exercise can improve your body's machinery
  - Your body produces "metabolites"

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Nutrition Care
Healthy eating habits are essential during and after treatment

ANTIOXIDANTS
Antioxidants such as vitamin C, E, and carotenoids help protect cells from damage

"My Plate"- Suggested Servings

Other helpful foods
- Soy foods
- Fresh foods

Suggested Micronutrients

Possible Health Outcomes for Epigenetics

**Positives**
- Improved Quality of life
- Improved health
- Improved Health for your children

**Negative**
- Shorten life cycle
- Increased risk of cancer
- Increased medical expenses
Resources

*ALL SITES IN RIVERSIDE & SAN BERNARDINO*

AMERICAN CANCER SOCIETY
Offers FREE rides to and from treatment

THE NATIONAL BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM
Breast Screening for uninsured women

GOODRX
Online low-cost prescription source
Resources

*ALL SITES IN RIVERSIDE & SAN BERNARDINO

ABCD BREAST CANCER SUPPORT
Support for patients, families, and friends.

BREAST & CERVICAL CANCER TREATMENT PROGRAM
Breast cancer treatment - income based

CANCER SUPPORT COMMUNITY
Information, support, online chat
Questions?