

BREAST CANCER INFORMATION

American Cancer Society

www.cancer.org

The American Cancer Society is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

Fred Hutchinson Cancer Research Center

www.fhcrc.org/visitor/research/breast_cancer

Fred Hutchinson's scientists are among the world's best and are uniquely positioned to study cancer from the cellular level to the societal level, reducing the pain and suffering of this disease

FDA – Department of Health & Human Services

www.fda.gov/cdrh/mammography/certified.html

This site provides a listing by zip code of all mammography facilities certified by the Food and Drug Administration (FDA) or Certifying State as meeting baseline quality standards for equipment, personnel and practices.

Cancer Links

www.cancerlinks.org

Cancer Links is designed to facilitate searching the World Wide Web for information about cancer. Each specific topic contains links providing comprehensive information about cancer, its effect and treatment.

The American Society of Plastic and Reconstructive Surgery

www.plasticsurgery.org

This site provides information about breast reconstruction and a referral listing of surgeons across the country.

MISSION

The mission of The

Alliance for Breast Cancer Awareness

is to change and save lives through

funding high-quality, focused clinical

and genetic breast cancer research

and early detection programs.



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*Your Gifts...
Change Lives*



ABOUT US

The most common form of cancer among women in the United States is breast cancer. Although giant steps have been taken in prevention and the search for a cure, 1 out of every 7 women in the U.S. will develop breast cancer and, even though the survival rates are improving, 15% of these women will die. We still do not know what causes this disease, nor enough about how it develops and progresses.

The goal of The Alliance for Breast Cancer Awareness is to change and save lives through funding high-quality, focused clinical and genetic breast cancer research and early detection programs for women afflicted with this devastating disease.

YOUR GIFTS

Your gifts change lives . . . ABCA is extremely careful about how we spend the dollars you entrust to us. The research and prevention programs funded by The Alliance for Breast Cancer Awareness are among the most respected in the world. A major recipient of donated funds is the **Fred Hutchinson Cancer Research Center** in Seattle, WA, which is on the forefront of breast cancer research, currently conducting over 40 separate, full-fledged projects or studies to eliminate cancer as a cause of human suffering and death.

As a part of this responsibility, we are dedicated to keeping administrative expenses at a minimum. As a recognized 501(c)(3) organization, your donations to The Alliance for Breast Cancer Awareness are tax deductible.

FACTS ABOUT BREAST CANCER IN THE UNITED STATES¹

- ◆ The American Cancer Society estimates that a woman in the United States has a 1 in 7 chance of developing invasive breast cancer during her lifetime – this risk was 1 in 11 in 1975.
- ◆ More women in the United States are living with breast cancer than any other cancer (excluding skin cancer). Approximately 3 million women in the U.S. are living with breast cancer: 2 million who have been diagnosed and an estimated 1 million who do not yet know they have the disease.
- ◆ All women are at risk for breast cancer. About 90% of women who develop breast cancer do not have a family history of the disease.
- ◆ Breast cancer tumors can exist for 6 to 10 years before they grow large enough to be detected by mammography.



¹American Cancer Society. Cancer Facts and Figures 2004. Atlanta, GA.

Facts

EARLY DETECTION *The Best Medicine*

The discovery of a lump in the breast is one of the most frightening and feared health problems a woman can face. However, early detection can change the outcome of such a discovery. There are three important methods for early detection of breast cancer.



1 Get A Routine Mammogram

ABCA recommends that women begin annual mammography screening at age 40. Women under 40 with either a family history of breast cancer or other concerns about their personal risk should consult a medical professional about when to begin mammography.

2 See Your Medical Professional On A Regular Basis

Beginning at age 20, women should have a clinical breast exam every 2 to 3 years. Women age 40 and older should have one every year.

3 Perform Breast Self-exams Once A Month

If you find something you know is unusual for you, schedule a clinical breast examination with a medical professional.

A change you see or feel in your breast(s) does not automatically mean you have breast cancer. However, it is best to report any change to your doctor for further evaluation.