

10 Myths about BREAST CANCER

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

1. If I have a lump in my breast, it's breast cancer.

The majority of lumps are not cancerous, however, it is important that you talk to your doctor about any changes in your breasts.

2. I can't get breast cancer since it's not in my family.

Although family history does increase your risk, most cases are diagnosed in women with no family history.

3. Nothing can help chemo side effects.

Medication is now available to control many of the side effects of chemotherapy.

4. Men don't get breast cancer.

Although breast cancer is much more common in women, men can and do get breast cancer.

5. I'm too young to get breast cancer.

Your breast cancer risk does increase as you get older, but women of all ages are at risk of developing breast cancer.

6. If I have chemo, I can never become pregnant.

Depending on age and type of chemo, fertility often returns after breast cancer treatment. New fertility procedures done prior to chemotherapy can also help women conceive after treatment ends.

7. If I eat well, exercise and take care of my health, I won't get breast cancer.

It has been shown that a healthy lifestyle can reduce your chance of getting breast cancer, but may not prevent it.

8. All breast cancer is the same.

There are different types of breast cancer that may require different types of treatment.

9. If I have large breasts, I'm more likely to get breast cancer.

There is no relationship between breast size and the risk of getting breast cancer.

10. Breast cancer is a death sentence.

Most people survive breast cancer.



You are not alone. We are here to provide information, resources and emotional support to those concerned about breast cancer. Help is just a phone call away.

Call our hotline at 800.877.8077.

Visit: www.adelphi.edu/nysbreastcancer