



# Not Just Lumps: Know Your Breast Cancer Symptoms

PAID PROMOTIONAL FEATURE

“I found a lump.” We hear this often when it comes to breast cancer detection, but breast cancer can exhibit other signs as well. Some may be due to other, benign causes, but see your doctor if these signs do not go away or if they get bigger or worse:

1. A thickening inside your breast or in your breast skin.
2. A breast dimple or indentation.
3. A crust on your nipple.
4. Redness, swelling, or heat in your breast that antibiotics don't clear.
5. Nipple discharge not associated with developing breasts, infection, cysts, pregnancy, or breastfeeding.
6. Skin sores on your breast, usually associated with a hard lump.
7. A bump on the breast. (These can also be benign lumps or cysts.)
8. A nipple that flattens or turns inward.
9. Newly appearing blood vessels or veins on the breast or near the collarbone (if not connected to weight gain, breastfeeding, or Mondor's disease).
10. Changing breast size, flattening, swelling, or drooping, not due to breastfeeding or menstruation.
11. Your breast looks like the dimpled skin of an orange and might change color.
12. A hard, immovable lump deep in your breast is the most common breast cancer symptom, though it may also be a cyst.

See your doctor if any of these signs persist or if you are concerned.

## When a Mammogram is Not Enough

Do you know whether you have dense breasts? It could spell the difference between finding a tumor and missing one. Dense breasts and tumors look similar on a mammogram, so further screening like ultrasound or a breast MRI may be needed. Talk to your doctor.

## Researcher Spotlight: Dr. Mary-Claire King

Mutations in genes called BRCA1 and BRCA2 can cause breast (and other) cancers. It took 17 years for Dr. Mary-Claire King to prove that BRCA1 was tied to breast cancer. King first discovered the connection in 1990, when she was a young assistant professor at the University of California, Berkeley. She later discovered the BRCA2 connection.

## Here For You

RBOI's Breast Cancer Support Group holds weekly meetings online. You can join us via Zoom or by phone. For more information, call Wendy Hall, LCSW, at 352-527-0106 or Amy K. Roberts, LCSW, at 352-732-0277.

**281,550**

Estimated new breast cancer cases in the US in 2021



**12.9%**

Women expected to be diagnosed with breast cancer at some point in their life



**1 out of 100**

Breast cancer cases diagnosed in men



**1.4%**

Average annual decrease in breast cancer death rate from 2009-2018

## Should You Get Tested for BRCA Mutations?

BRCA mutations are linked to Hereditary Breast and Ovarian Cancer Syndrome (HBOC). The chance of a family having HBOC increases if:

- One or more women are diagnosed with breast or ovarian cancer at age 45 or younger.
- Are diagnosed with breast cancer before age 50 with an additional family history of some cancers.
- Breast and/or ovarian cancers occur in multiple generations on the same side of the family.
- A woman is diagnosed with a second breast cancer in the same or the other breast or has both breast and ovarian cancers.
- A male relative is diagnosed with breast cancer.
- Breast cancer, ovarian cancer, prostate cancer, and/or pancreatic cancer has occurred on the same side of the family.
- One has Ashkenazi Jewish ancestry.



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