

# Not Just Lumps:

## Know Your Breast Cancer Symptoms

PAID PROMOTIONAL FEATURE

“I found a lump in my breast.” We hear this line most often concerning breast cancer detection, but breast cancer can exhibit other signs, too. 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:

- ☺ A thickening inside your breast or in your breast skin
- ☺ A dimple or indentation in your breast
- ☺ A crust on your nipple
- ☺ Redness, swelling, or heat in your breast that doesn't go away with antibiotics
- ☺ Nipple discharge not associated with developing breasts, infection, cysts, pregnancy, or breastfeeding
- ☺ Skin sores developing on your breast, usually associated with a hard lump
- ☺ A bump on the breast (These can also be benign lumps or cysts)
- ☺ A nipple that flattens or turns inward

- ☺ Newly appearing blood vessels or veins on the breast or near the collarbone (if not connected to weight gain, breastfeeding, or Mondor's disease)
- ☺ Changes in breast size, flattening, swelling, or drooping, not due to breastfeeding or menstruation
- ☺ Your breast looks like the dimpled skin of an orange (called “peau d'orange”) and might change color. This is a sign of inflammatory breast cancer.
- ☺ 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.

## Not For Women Only

Men can get breast cancer, too, although the condition is rare. About 1 out of every 100 breast cancers diagnosed in the U.S. is found in a man.



## Supporting Each Other

RBOI's support groups are available at no charge to participants both during and after treatment. Our Breast Cancer Educational Group meets in our Lecanto office. Our Women's Cancer Support Group meets online via Zoom. We also offer a mindfulness meditation group, book club, and more.

RBOI's resource room in Lecanto offers wigs, hats, and blankets for free to any Citrus County resident undergoing cancer treatment, regardless of where they receive their care. The wig program is overseen by the Citrus Aid Cancer Foundation, which also provides financial assistance to cancer patients in Citrus County. Marion County residents can use RBOI's resource room in our Ocala office. Cancer patients needing financial assistance can turn to the RBOI-sponsored H.U.G.S. charities.

RBOI sponsors Michelle-O-Gram, which provides access to mammograms, breast ultrasounds and MRIs, BRCA gene testing and counseling, breast biopsies, and referrals for procedures and other treatments. The organization helps mainly women, but also men, whose lack of insurance or funds would otherwise prevent them from getting care.

Call us for more information about these and other resources helping our community.

## by the numbers

# #2

Breast cancer is the second most common cause of death from cancer in U.S. women (after lung cancer)

# 1%

Annual drop in the death rate for women with breast cancer, from 2013 to 2018

# 287,850

Estimated new cases of U.S. women's breast cancer in 2022

# 12.9%

Women expected to be diagnosed with breast cancer at some point during their lifetime

## Join Us!

Join us for We Can Weekend, a free cancer educational and support seminar in Ocala on October 29, 8:30 AM-12:30 PM. Contact Amy Roberts, LCSW, to register: 352-732-0277, aroberts@rboi.com.

## When A Mammogram is Not Enough

Dense breasts can 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.



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