

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 benign causes, but see your doctor if these signs persist or worsen:

1. A thickening inside your breast or in your breast skin.
2. A dimple or indentation in your breast.
3. A crust on your nipple.
4. Redness, swelling, or heat in your breast that doesn't go away with antibiotics.
5. Nipple discharge not associated with developing breasts, infection, cysts, pregnancy, or breastfeeding.
6. Skin sores developing 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. Changes in 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. This is a sign of inflammatory breast cancer.
12. A hard, immovable lump deep in your breast is the most common breast cancer symptom, though it may also be a cyst.

Mammograms Save Lives

A study from the National Institutes of Health found that during the period 1975-2020, regular mammograms accounted for 25% of the decrease in deaths from breast cancer. Improved treatments drove the rest of the reduction.



The American Cancer Society recommends that women at average breast cancer risk be screened annually from age 45 to 54, and that women age 55 and older be screened every two years. Recommendations differ for women at higher risk, who may need additional screening.

Dense breasts and tumors look similar on a mammogram, so a breast ultrasound or magnetic resonance imaging (MRI) may also be needed. Talk to your doctor.



Supporting Each Other

RBOI's resource room in Lecanto offers wigs, hats, and blankets free to any Citrus County resident undergoing cancer treatment, regardless of where they receive care. Residents can also obtain financial assistance from the Citrus Aid Cancer Foundation. Marion County residents can use RBOI's resource room in Ocala and receive financial assistance from the RBOI-sponsored H.U.G.S. charities.

Call us for more information about these resources and others, including RBOI's cancer support groups.

by the numbers

316,950

Estimated new cases of U.S. women's breast cancer in 2025

13.0%

U.S. women expected to be diagnosed with breast cancer at some point during their lifetime, based on 2018-2021 data, excluding 2020 due to COVID

1 IN 100

Breast cancers diagnosed in U.S. men

1.2%

Average annual drop in U.S. women's deaths from breast cancer from 2014-2023

Mark Your Calendars

Medicare open enrollment for 2026 begins on October 15 and lasts through December 7, giving people age 65 and older the chance to enroll in or change coverage. To help make sense of the many choices available, SHINE (Serving Health Insurance Needs of Elders) provides free, unbiased webinars and confidential counseling to Medicare beneficiaries, their families, and caregivers. SHINE is administered by Florida's Department of Elder Affairs. Go to floridashine.org or call (800) 963-5337 for more info.

Are you unsure as to whether your test or procedure is covered under Medicare? Go to <https://www.medicare.gov/coverage/is-your-test-item-or-service-covered> to find out.



RBOI's support services are available to the community free of charge, from before diagnosis through treatment and afterward, regardless of where you are being treated. Give us a call.

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