



Breast Cancer Myth Buster

Hecel Oyate Kin Nipi Kte

“So That the People May Live”

Myth!

If breast cancer runs in your family you are sure to get it.

Having breast cancer in your family doesn't guarantee you'll get it. Many times, cancer runs in families because they share lifestyle habits – habits you can control and change to lower your risk of breast cancer.¹

85% of women diagnosed with breast cancer have no family history of the disease. Having a relative with breast cancer can increase your risk. Age, being overweight, alcohol use, and hormone therapy after menopause can also increase your risk of developing breast cancer.¹

Knowing your family history empowers you to tackle the risk factors you can control. It should also motivate you to get screened regularly so that breast cancer is caught early – when it's small, hasn't spread, and is easier to treat.¹

1 in 8

Women will be diagnosed with Breast Cancer in her lifetime.



Dr. Karen Moysich states, “there's absolutely no conclusive scientific evidence that antiperspirants or deodorant cause breast cancer.” In fact, researchers from the FDA, ACS, and NCI have worked to assert the overwhelming lack of evidence for this rumored connection.²

Myth!

Antiperspirants and deodorants cause breast cancer.

This myth started in the late 90's; it claims, the small cuts made in the skin while shaving can increase the absorption of aluminum, found in antiperspirant, and the aluminum then gets deposited in the lymph nodes and builds up.² The amount of aluminum absorbed is less than 1% of the amount applied. Most individuals absorb more aluminum through food, this amount is safe.¹

This myth also states that men may not be diagnosed with breast cancer at the same rate as women because their hair protects the skin in their underarms from absorbing the aluminum found in antiperspirants. Men get breast cancer at a rate of 100 times less than women, because they have about 100 times less breast tissue than women, not due to different shaving habits.¹

Honor Every Woman is supported by a cooperative agreement with the CDC Grant No. NU58DP006353, under the National Breast and Cervical Cancer Early Detection Program. Funding for this publication was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

1. American Cancer Society
<https://www.cancer.org/cancer/cancer-causes/antiperspirants-and-breast-cancer-risk.html>
2. Roswell Park Comprehensive Cancer Center
<https://www.roswellpark.org/cancertalk/201807/truth-about-antiperspirant-use-and-breast-cancer-risk>



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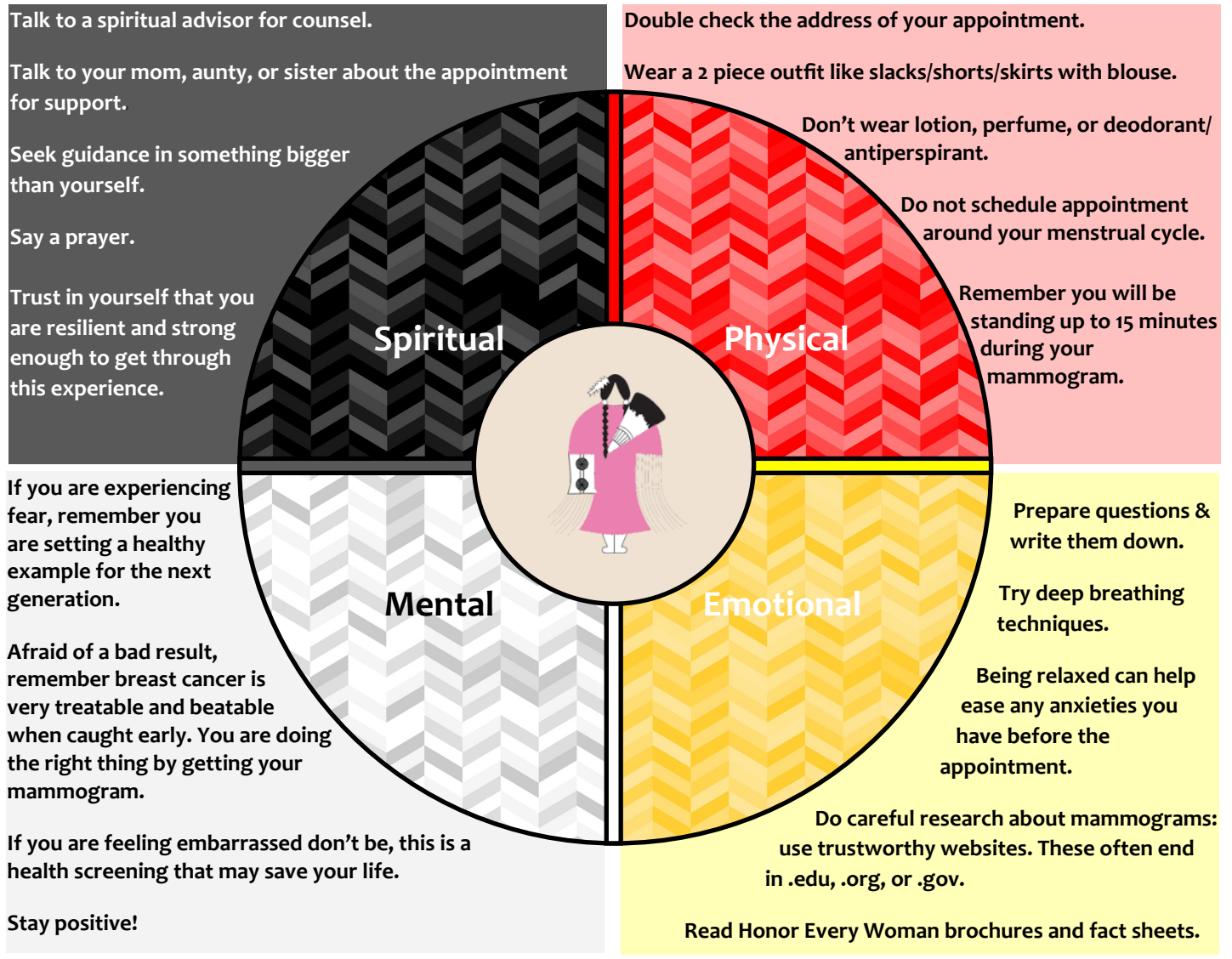
Preparing for a Mammogram

Breast cancer can be prevented and treated. The survival rate of breast cancers detected early (stage 0 or I) is nearly 100%. A mammogram can find early cancer even before it can be felt during a self breast exam or clinical breast exam.⁴ Mammograms save lives and may cause women to feel anxious. You can reduce these anxious feelings about mammography by following the four directions to preparing for a mammogram, see below. This circle of wellness can be used to guide you through the process of prepping for screening.

Sources:

3. American Cancer Society, <https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html>

4. National Breast Cancer Foundation, <https://www.nationalbreastcancer.org/mammogram>



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