

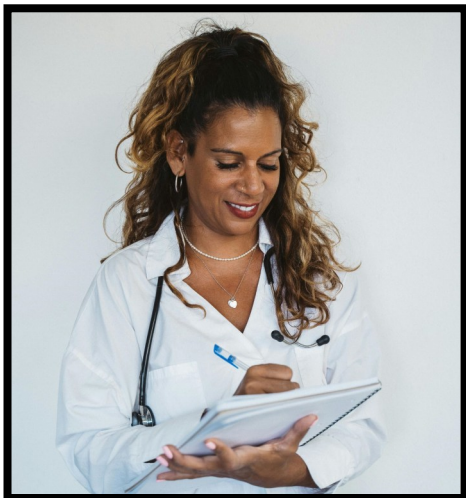
What Are the Symptoms of Breast Cancer?

Breast cancer **may not** cause symptoms, especially in the early stages. This is why regular mammograms are so important.

If there are symptoms of breast cancer, they can include:

- Any change in the size or shape of the breast.
- Pain in any area of the breast.
- Lump in the breast or underarm (armpit)
- Irritation of breast skin or nipple (itchiness, redness, flaky skin)
- Dimples in the breast skin
- Nipple discharge other than breast milk (including blood)

If you have any of these symptoms, or anything else that worries you, talk to your healthcare provider.



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Get the Facts about **Breast Cancer**



**1 in 8 women get
breast cancer
in their lifetime**

**A mammogram is the best
way to find breast cancer.
Talk to your healthcare provider.**

Breast Cancer Facts

Breast cancer is cancer that starts in the breast but can travel to other parts of the body.

Breast cancer is the most common cancer among women in New York State.

Due to various factors including screening, family planning, and family history, white women are more likely to get breast cancer than black women, but, once they have the disease, black women are more likely to die from it.

While very rare, men can also get breast cancer.

What is a mammogram?

A mammogram is an X-ray of the breast used to screen for cancer. Screening means checking for signs of cancer before there are symptoms or problems.

A mammogram is the best way to find breast cancer early, when it may be easier to treat.



Who should get screened for Breast Cancer?

Women should start getting regular mammograms at the age of 40.

Women at high risk should start getting screened earlier.

If you have a strong family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may have a high risk of getting breast cancer.

Talk to your doctor. Together, you can decide what is best for you.

If you experience any changes in your breast or nipples, contact your doctor.

If you find it hard to get a mammogram, there are programs to help.

If you don't have health insurance, or you are underinsured, you may still be able to get screened. Call the Cancer Services Program at 1-888-345-0225.

If you do not have a doctor or are looking for a place to get your mammogram, visit www.ocgov.net/mammogram or scan this QR code for more information.

oneida-county.ny.gov/mammogram



Rev. 4/07/25

What Are the Risk Factors for Breast Cancer?

- Getting older
- Having certain gene mutations such as BRCA1 or BRCA2
- Starting menstrual periods before age 12
- Starting menopause after age 55
- Having dense breasts
- Family history of breast or ovarian cancer
- Previous radiation therapy to the chest or breasts
- Exposure to drug diethylstilbestrol
- Not being physically active
- Being overweight or having obesity after menopause
- Taking hormones
- Never giving birth or giving birth to your first child after age 30
- Not breastfeeding
- Drinking alcohol

What are Dense Breasts?

Dense breasts (or dense breast tissue) are very common.

Dense breasts have less fatty tissue, which can make it harder to see signs of cancer on a mammogram.

Women with dense breasts should talk to their health care provider to decide if more tests are needed.