



مدينة الملك فهد الطبية
King Fahad Medical City



Facts and Misconceptions about Breast cancer

- **Only women can get breast cancer.**

No, men also can get breast cancer, but at a rate ranging between 5 to 10%.

- **Breast tumors are always malignant cancerous tumors.**

This is not true; some tumors may be benign, and each case has a different treatment plan.

- **Breast cancer is an Incurable disease.**

This is not true. Scientific developments have discovered many ways to treat breast cancer. For example, there is chemotherapy, removal by surgery and radiotherapy. The doctor decides which treatment plan is appropriate for the patient's condition.

- **Breast cancer is considered a communicable disease and the patient should be isolated to prevent its spread.**

This is not true at all. Breast cancer is a non-communicable disease and patient shall not be isolated from his family and society, but there are certain times during the treatment period where the patients may have immunodeficiency; thus they should be kept away from other people to prevent infections that may harm their health.

- **If I get breast cancer, the only cure is radical mastectomy.**

This is not true. As we said; there are many ways for treatment, but in some cases, mastectomy may be needed.

- **There are no specific causes for breast cancer; thus, there is no prevention.**

This statement may be partially correct. It is true that the main cause of breast cancer has not been discovered yet, but there are many reasons that may increase its incidence, and, consequently, there are several preventive methods for reducing the incidence of the disease.

- **Breast size is one of the factors causing breast cancer. Women who have small breast are less likely to develop breast cancer.**

Studies have proven that there is no relationship between breast size and the incidence of breast cancer.

- **Women who are likely to develop breast cancer are only those who have a medical history with breast cancer or those whose relatives have developed breast cancer.**

This is not true. Although genetics is a significant contributor to breast cancer incidence, the absence of this factor does not prevent its incidence because there are other factors including age, obesity, smoking, etc.

- **Breast cancer is common only in the elderly and does not occur in those who are under 30.**

The rate of breast cancer incidence increases in elderly women, but there are several factors at the same time that contribute to early incidence.

- **Wearing bras causes breast cancer.**

Up to now, no scientific research has proven the relationship between breast cancer and wearing bras or similar clothing.

- **Using deodorants and antiperspirants causes breast cancer.**

Until now, no scientific research has proven the relationship between breast cancer and using deodorants and antiperspirants.

- **Mammogram testing is not safe and contributes to breast cancer occurrence and spread.**

This is not true. Mammogram scans the breast tissues accurately and enables both physician and patient to early detect breast tumors (whether malignant or benign).

- **Breast cancer has nothing to do with heredity.**

Heredity is one of the factors causing breast cancer, as the incidence rate increases in case a first-degree relative has breast cancer.

- **Constant stress and tension causes breast cancer.**

Stress and tension do not cause breast cancer itself, but their permanent presence contributes to the deterioration of the immune system, which causes many diseases.

- **There is no link between breast cancer and obesity.**

This is not true. Obesity is one of the most contributing factors of breast cancer. The more the body mass increases, the more incidence rate increases too.

- **Sports and fitness have no effect on breast cancer.**

No, they are one of the most preventive factors from breast cancer and many other diseases.

- **Fatty and high calories food causes breast cancer.**

It may contribute to the incidence of many chronic diseases, including obesity, heart disease, Arterial occlusion, and cancer in general.

- **Contraceptive pills contribute to the incidence of breast cancer.**

There is no definitive evidence that contraceptive pills contribute to the incidence of breast cancer. Some studies, however, suggested a link between contraceptive pills and breast cancer, but most of the studies concluded that this percentage decreases when you stop taking these pills.

- **Infertility treatment medications increase the incidence of breast cancer.**

So far, no study has proven any link between the infertility treatment medications and breast cancer.

- **Abstention from breastfeeding causes breast cancer.**

Breastfeeding is one of the protective factors from breast cancer, and abstention from breastfeeding does not cause breast cancer. No study has suggested any link between abstention from breastfeeding and breast cancer incidence rate.

- **Smoking and passive smoking cause breast cancer.**

Smoking causes many diseases and cancers in general. Smokers harm the people sitting around them more than they harm themselves, because they exhale carbon dioxide in addition to many toxic substances resulting from smoking.

- Using plastic boxes in food, such as cups, plates, etc., causes breast cancer.**

This is not true. Using plastic boxes is safe, as they underwent many tests to ensure their safety. Besides, there are no scientific studies that suggest any link between breast cancer and plastic materials.

- Biopsy sample may increase the spread of the tumor in the breast.**

There are many types of breast biopsy. The whole procedure is done under local or full anesthesia to take a small part of breast in order to be examined accurately in the lab, and there is no proof that biopsy increases the spread of the tumor in the breast.

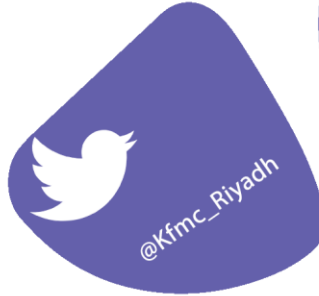
- **Feeling no pain means there is no cancer or tumor in the breast.**

Typically, there is no pain in the early stages of the disease, but in more advanced stages, breast cancer pain can be felt, particularly when the tumor presses on the sensory nerve; thus, feeling no pain does not mean there is no tumor in the breast.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Family Medince and Staff Clinic



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