

Myths about breast cancer

Unfortunately there are some common myths about the risk factors and causes of breast cancer that create anxiety in the community. Here are 8 common myths about causes of breast cancer:

Myth	Is it true?
1. Using antiperspirant deodorants	There is no evidence.
2. Wearing a tight bra	There is no evidence.
3. A bump or knock to the breast	There is no evidence.
4. Psychosocial stress	There is no evidence.
5. Only your mother's family history of breast cancer can affect your risk of breast cancer.	False. A history of breast cancer in either your <u>mother's</u> or your <u>father's</u> family will influence your risk.
6. If breast cancer doesn't run in my family, then I won't get it.	False. Every woman has some risk of breast cancer. 9 out of 10 women who get breast cancer don't have a family history of the disease.
7. Having a mammogram will prevent breast cancer.	Mammograms (breast X-rays) <u>cannot</u> prevent breast cancer. Mammograms can detect breast cancer early, which increases your chances of a successful treatment.
8. Regular self examinations are the best way to detect breast cancer.	False. A mammogram is the most reliable way to detect breast cancer at an early stage. BUT being aware of changes in your breasts and having regular breast examinations by your GP are recommended.

References: www.breastcancer.org.au; www.nbcc.org.au.

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