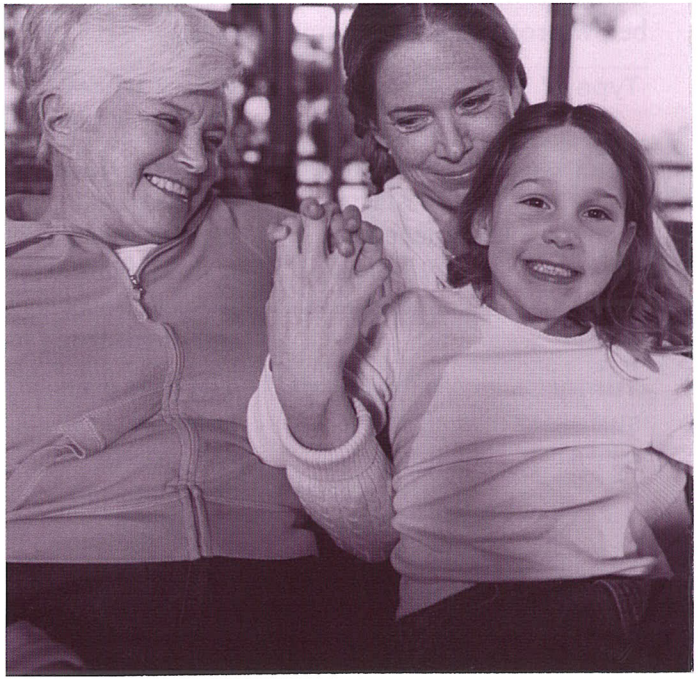
But remember...

Cells can grow out of control before any symptoms of the disease appear. That is why breast cancer screening to find early changes is so important. If breast cancer is found early, there are more treatment options and an improved chance for survival. Susan G. Komen for the Cure® recommends that women 40 years and older have a mammogram every year. If you have a history of breast cancer in your family, talk with your doctor about your personal risk, including when to start getting mammograms and how often to have them. If your mother or sister had breast cancer before menopause, you may need to start getting mammograms or other tests and yearly clinical breast exams before age 40. It is important for all women to have clinical breast exams at least every three years starting at age 20 and every year after age 40.



Resources

Susan G. Komen for the Cure®
1-877 GO KOMEN (1-877-465-6636)
www.komen.org

American Cancer Society
1-800-ACS-2345
www.cancer.org

National Cancer Institute
1-800-4-CANCER
www.cancer.gov

Related fact sheets in this series:

- Ductal Carcinoma in Situ
- Genetics and Breast Cancer
- Types of Breast Cancer Tumors

The above list of resources is only a suggested resource and is not a complete listing of breast health and breast cancer materials or information. The information contained herein is not meant to be used for self-diagnosis or to replace the services of a medical professional. Komen for the Cure does not endorse, recommend or make any warranties or representations regarding the accuracy, completeness, timeliness, quality or non-infringement of any of the materials, products or information provided by the organizations referenced herein.

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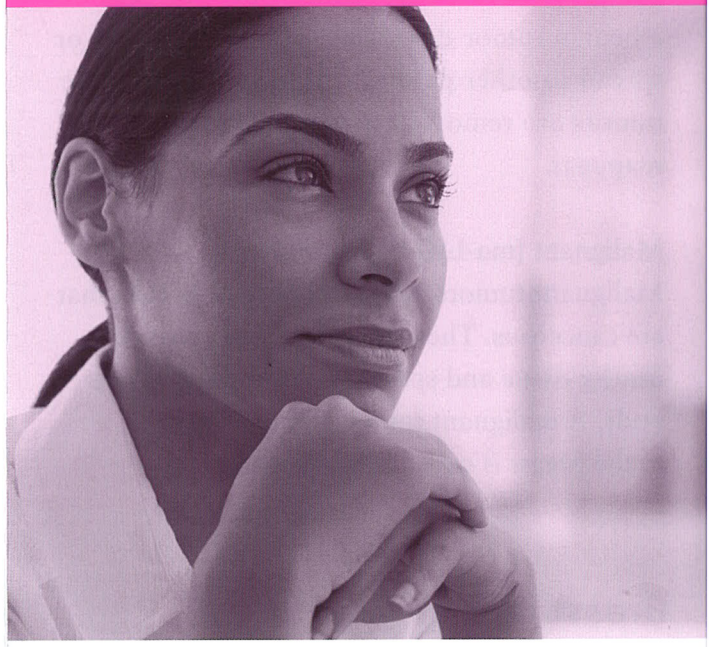
FACTS FOR LIFE

What is Breast Cancer?



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1-877 GO KOMEN (1-877-465-6636)
or visit www.komen.org.

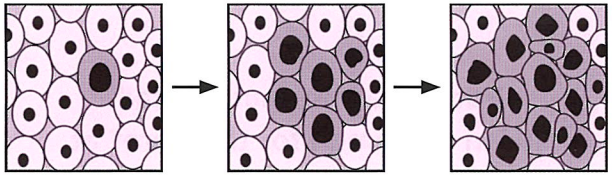
Every day, cells in your body divide, grow and die. Most of the time cells divide and grow in an orderly manner. But sometimes cells grow out of control. This kind of growth of cells forms a mass or lump called a tumor. Tumors are either *benign* or *malignant*.

Benign [bee-NINE] tumors
Benign tumors are not cancerous. The cells of a benign tumor do not invade nearby tissue or spread to other parts of the body. When these tumors are removed, they typically do not reappear.

Malignant [ma-LIG-nant] tumors
Malignant tumors consist of abnormal cells that are cancerous. These tumor cells can invade nearby tissue and spread to other parts of the body. A malignant tumor that develops in the breast is called breast cancer.

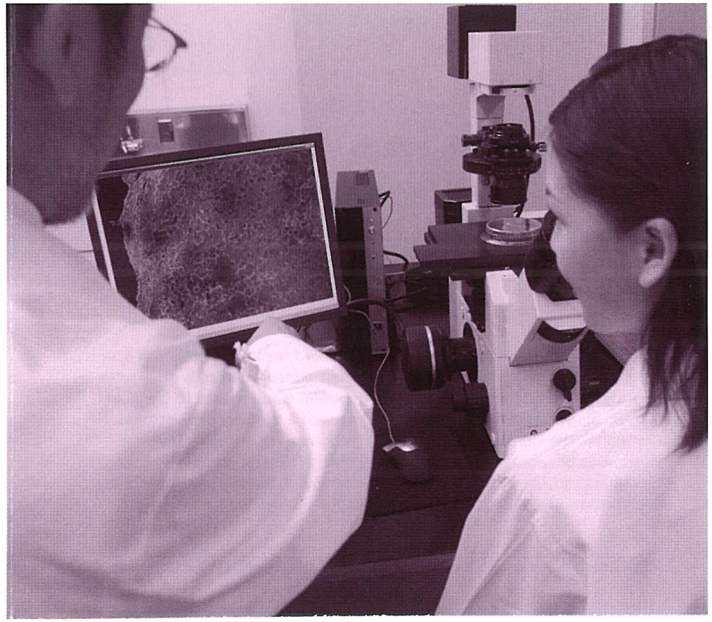
Breast cancer growth

The light circles represent normal breast cells and the dark-shaded circles represent cancerous breast cells. As the cancerous cells grow and multiply, they develop into a malignant tumor within the breast.



How does breast cancer grow and spread?

To grow, malignant breast tumors need to be fed. They get nourishment by developing new blood vessels in a process called angiogenesis. The new blood vessels supply the tumor with nutrients that promote growth. As the malignant breast tumor grows, it can expand into nearby tissue. This process is called invasion. Cells can also break away from the primary, or main tumor and spread to other parts of the body. The cells spread by traveling through the blood stream and/or lymphatic system. This process is called metastasis. When malignant breast cells appear in a new location, they begin to divide and grow out of control again as they create another tumor. Even though the new tumor is growing in another part of the body, it is still called breast cancer. The most common locations of metastatic breast cancer are the lungs, liver, bones and brain.



Why does breast cancer grow?

We all have genes that control the way our cells divide and grow. When these genes do not work like they should, a genetic error, or *mutation*, occurs. Mutations may be inherited or spontaneous. Inherited mutations are ones you were born with — an abnormal gene that one of your parents passed on to you. Inherited mutations of specific genes, such as the BRCA1 and BRCA2 genes, increase a woman's risk of developing breast cancer as well as other cancers. BRCA1 and BRCA2 are tumor suppressor genes. See below to learn about how these genes should work and what happens when they are mutated. Inherited mutations account for about 5-10 percent of all breast cancer cases in the U.S.[1] Spontaneous mutations occur at anytime during your lifetime and account for about 90-95 percent of all breast cancer cases in the U.S.[1] The actual cause or causes of mutations still remains unknown. Researchers have identified two types of genes that are important to cell growth. Errors in these genes turn normal cells into cancerous ones. The table below provides a description of each.

Type of gene	How it should work	How it works when mutated
Oncogene	It "turns on," or starts normal cell division and growth.	The gene does not stop cell growth when it should and the cell grows out of control.
Tumor suppressor gene	It "turns off," or stops normal cell division and growth.	The gene does not work and cell growth continues out of control.

1 American Cancer Society, Cancer Facts & Figures 2012.