

Breast Cancer Awareness

Myths and Facts about Breast Cancer

Think pink and clear your misconceptions about breast cancer. Always seek the information you need from experts and reliable resources.

Myths

Facts

Only women over 40 years can develop breast cancer.



Breast cancer can affect women at any age including younger women.

- Statistics have shown that 11% of breast cancer cases are found in women who are under 45 years of age.

Alcohol intake and tobacco smoking are not linked to breast cancer.



Alcohol intake and tobacco smoking may increase the risk of developing breast cancer.

- Studies have shown that alcohol consumption increases the risk of breast cancer.
- Additionally, research studies have suggested that there is an association between smoking and breast cancer.

Only women with a family history of breast cancer can develop it.



Every woman is at risk of breast cancer, especially those with a family history.

- Compared to women without a family history, the risk of breast cancer could be 1.8 times higher for women with one first-degree female relative who has been diagnosed.
- Women with a family history especially in a first degree relative such as mother, sister, or daughter have a higher risk of developing breast cancer.

Only women who have children can develop breast cancer.



Women who have never had children or those who have had children after 30, are also considered to be at the risk of developing breast cancer.

Contraceptives and Hormone Therapy are not linked to breast cancer.



The use of Contraceptives and Hormone Therapy may increase the risk of developing breast cancer.

Men are not affected by breast cancer.



Men can develop breast cancer. However, they have a lower risk of developing breast cancer compared to women.