



# The A-Z of Breast Cancer

**A- ATTENTION!** This could save your life!

**B- BE SMART!** Get the facts.

**C- CURABLE!**

**D- DIFFERENTIATION:** the degree to which a cancer cell resembles a normal cell. Poorly differentiated cancer cells are usually more aggressive and harder to treat.

**E- EARLY** detection is the key to curing any cancer!

**F- FIGHT LIKE A GIRL!**

**G- GRADING:** a way of describing the aggressiveness of cancer cells. This system for classifying cancer cells sorts them in terms of how malignant or aggressive they appear microscopically.

**H- HAIR** loss is possible, but not a must.

**I- IMMUNOHISTOCHEMISTRY (IHC):** a method that uses antibodies to identify, locate, and stain specific protein molecules in tissue sections (using a microscope).

**J- JUST** believe!

**K- KEEP** up those positive thoughts!

**L- LUMP:** any kind of mass that can be felt in the breast or elsewhere in the body.

**M- MAMMOGRAM:** an X-ray of the breast. It is one of the main methods for detecting breast cancer. Mammography is performed on a special type of X-ray machine used only for this purpose. A mammogram can show a developing breast tumor before it is large enough to be felt by a woman or even by a health professional.

**N- NODULE:** a small, solid lump that can be located by touch.

**O- ONCOLOGIST:** a doctor who specializes in cancer treatment and studies the physical, chemical, and biological properties of tumors, and researches their development, diagnosis, treatment, and prevention.

**P- PROGNOSIS:** a prediction of the course of disease; the prospects for the cure of the patient.

**Q- QUIT** those negative thoughts!

**R- RADIATION** Therapy: the use of high energy radiation from X-rays, neutrons, and other sources to kill cancer cells and shrink tumors. Radiation may come from a machine outside the body, external beam radiation therapy, or from material called radioisotopes.

**S- SCREENING:** preventive checking for breast cancer tumors when there are no symptoms. Mammograms and breast self-exams are examples of screening for breast cancer.

**T- TUMOR:** an abnormal mass of tissue. This usually results from mutation within the cell causing it to multiply too quickly. A tumor may be benign, which means it is not cancerous, or malignant which is cancerous.

**U- U Magazine** supports Breast Cancer Awareness Month!

**V- VERY** high cure rate when detected early!

**W- WIN** the fight against breast cancer!

**X- XERORADIOGRAPHY:** a type of mammography in which a picture of the breast is recorded on paper rather than on film.

**Y- YOU** can do this!

**Z- ZZZZZZ'S.** Get some rest. ☐