

Breast Cancer



Breast Cancer Trivia Questions

1. True or False. Breast cancer is preventable.
False. Although, there are healthy lifestyle choices you can make in order to stay healthy overall.
2. 5 – 10% of breast cancer cases are due to what?
Genetic mutations.
3. A mass or lump of extra tissue is called what?
A tumor.
4. What does the term “benign” mean?
Benign means non-cancerous. The cells of a benign tumor do not invade neighboring tissues, nor do they spread to other parts of the body. They are normal working cells, it is just that there is an overgrowth of them.
5. What does the term “malignant” mean?
Malignant means cancerous. The cells of a malignant tumor are abnormal cells, capable of invading nearby tissues and spreading to other parts of the body.
6. Name two possible risk factors for female breast cancer.
Being female, getting older, close family history of breast cancer, having a genetic mutation, menstruation before age 12, menopause after age 55, having no children or first child after age 30, sedentary lifestyle (no exercise), high-fat diet, being overweight, excessive alcohol consumption, exposure to large amounts of radiation.

7. What is the three-step plan for early detection of breast cancer?
Breast Self-Exam (BSE), Clinical Breast Exam (CBE) and Mammography.
8. What does BSE stand for?
Breast Self-Exam.
9. True or False. Breast Cancer only happens to women.
False. Approximately 1% of all breast cancer cases occur in men.
10. The process by which cancerous cells travel to other parts of the body is called what?
Metastasis.
11. True or False. According to statistics, 1 out of 8 women will develop breast cancer.
True.
12. When performing a Breast Self-Exam, list three warning signs to look out for.
Dimpling or puckering of the skin of the breast, redness, rash, discoloration, changes in size or shape of the breast, swelling of the breast, itchy sore or scaling area of the nipple, an inverted nipple, nipple discharge.
13. True or False. Miami-Dade County has the highest rate of late stage breast cancer among Hispanics and women of color.
True.
14. True or False. Men make up about 25% of breast cancer cases.
False.
15. Name two of the four major stages during a woman's lifetime when hormone changes may cause changes in breast tissue.
Puberty, menstruation, pregnancy and menopause.
16. True or False. Women with bigger breasts are more likely to get breast cancer.
False.

17. Name two risk factors for male breast cancer.
Exposure to large amounts of radiation, family history of the disease (several family members with the disease), inherited genetic mutation, and having a disease related to high levels of estrogen in the body such as cirrhosis of the liver.
18. How do you say "breast cancer" in Spanish?
Cancer del seno.
19. The mammary glands are connected to ducts that lead out to the nipple. What do the mammary glands produce?
Milk. The mammary glands are the milk-producing glands.
20. True or False. Bumping, bruising or touching the breasts causes breast cancer.
False.
21. A tumor develops new blood vessels in order to supply the tumor with nutrients that help the tumor grow. What is this process called?
Angiogenesis.
22. Breast Self-Exams should be performed:
A.) Occasionally C.) Once a year
B.) Once a month D.) Every day
B. Once a month
23. A cyst is a:
A.) Fluid-filled sac C.) Muscle
B.) Slang for sister D.) Mutation
A. Fluid-filled sac
24. Name the two genes specific to breast cancer that are important in the development of the disease.
BRCA1 and BRCA2.
25. List three ethnic groups with the highest risk for breast cancer.
Caucasian, African American and Native Hawaiian.
26. What is the five-year survival rate for breast cancer that has not metastasized? (Hint: remember what "metastasize" means?)

95%.

27. I give support and structure to the breast. What am I?

Fibrous tissue.

28. I am a group of muscles that fan out over the ribs, beneath the breast. What am I?

The chest wall.

29. True or False. 75% of all breast growths, whether benign or malignant, are discovered during Breast Self-Exams.

True.

30. As of yet, there is no cure for breast cancer. There are, however, very effective treatments for the disease. Name one treatment for breast cancer.

Chemotherapy, radiation and surgery.

31. List a lifestyle choice you can make that will keep you healthy overall, and possibly reduce your risk for breast cancer.

Eating a well-balanced diet rich in fruits, vegetables and fiber, exercise, limit (if any at all) alcohol consumption, limit fat-intake.

32. True or False. Fibroadenomas, a benign breast condition, are very common in teenagers.

True.

33. It is the most common form of cancer among women, and the second leading cause of death in women. What is it?

Breast Cancer.

34. Name the three positions used during a Breast Self-Exam.

Standing in front of the mirror with arms at sides, arms overhead, and arms on hips; Standing up with arm overhead; lying down with arm overhead.

35. True or False. Men have breast tissue and therefore are at risk for breast cancer.

True.

36. I filter out waste materials, bacteria and viruses that could be harmful to your body. I also produce antibodies that attack and destroy foreign substances. What am I?

Lymph nodes.

37. True or False. Cancer is a disease in which abnormal cells are growing out of control.

True.

38. True or False. All tumors are cancerous.

False.

39. I can often detect breast cancer before it can be felt. What am I?

Mammogram.

40. True or False. Only large lumps should be checked out by a doctor.

False. Tumors come in many different sizes.

Remember: Never diagnose yourself!

41. Fill in the blank. Since a younger woman has more fibrous tissue, a younger woman's breasts are _____ than an older woman's breasts.

More dense.

42. Which has more fiber: 1 cup of corn chips or 3 cups of light popcorn?

3 cups of light popcorn has twice as much fiber as 1 cup of corn chips.

43. Which has more fiber: an apple or a slice of whole wheat bread?

While both are excellent sources of fiber, an apple has three times the amount of fiber than a slice of whole wheat bread.

44. Which has more fat per serving: 1% milk or 2% milk?

2% milk.

45. True or False. Cancer is contagious.

False.

46. This structure provides a passageway for milk from the mammary glands out towards the nipple. What is it called?

Duct.

47.If you find a lump in your breast, what should you do?

See your doctor immediately.

48.What is the axilla?

The armpit.

49.This type of tissue forms a covering for the breast. What is this tissue called?

Fat tissue.

50.Myth or Fact: A painful breast lump is more likely to be cancer.

Myth. While some lumps can be painful, most are not.