



SAFETY SATURDAYS FREE COMMUNITY HEALTH RESOURCE

BREAST CANCER: MYTHS vs. FACTS

Know the facts. Question misinformation. Make informed decisions about your health.

Why this matters: Breast cancer information spreads quickly online - and not all of it is accurate. Use trusted health sources, talk with your healthcare professional about your individual risk, and follow up on new or unusual breast changes.

MYTH #1

If breast cancer does not run in my family, I am not at risk.

FACT

Family history can increase risk, but it is only one risk factor. Anyone with breast tissue has some risk, and many people diagnosed do not have a strong family history.

MYTH #2

Every breast lump means cancer.

FACT

Most breast changes and many breast lumps are not cancer. Still, a new lump or other unusual breast change should be evaluated by a healthcare professional.

MYTH #3

If my recent mammogram was normal, I can ignore a new breast change.

FACT

No screening test is perfect. New symptoms or changes should be reported even after a recent normal mammogram.

MYTH #4

Mammograms are only for people who already have symptoms.

FACT

Screening mammography is specifically used to look for breast cancer before symptoms appear. For average-risk women ages 40-74, the USPSTF recommends screening every 2 years.

MYTH #5

Men cannot get breast cancer.

FACT

Men can develop breast cancer because they have breast tissue. It is uncommon, but new lumps, nipple changes, discharge, or skin changes should be evaluated.

VITALITY QUICK TIP: Screening recommendations can differ based on age, personal history, genetics, breast density, and overall risk. Use general guidance as a starting point - not a substitute for a conversation with your healthcare professional.

SMART & SAFE HEALTH INFORMATION ONLINE

Before sharing or acting on breast cancer information you see online, take a few seconds to check the source.

CHECK THE SOURCE	Prefer established public-health agencies, cancer organizations, major health systems, and peer-reviewed medical sources.
CHECK THE DATE	Screening recommendations and evidence can change. Look for a recent review or update date.
WATCH FOR ABSOLUTES	Be cautious with claims such as "guaranteed cure," "doctors do not want you to know," or advice telling you to replace medical care with an unproven product.
LOOK FOR EVIDENCE	Reliable health information explains where recommendations come from and distinguishes research findings from personal testimonials.
VERIFY BEFORE YOU SHARE	If a claim could affect screening, diagnosis, treatment, medications, or supplements, verify it with a trusted medical source or healthcare professional.

TRUSTED COMMUNITY & INTERNET RESOURCES

CDC - Breast Cancer

Symptoms, screening, mammograms, risk factors, and shareable resources.

<https://www.cdc.gov/breast-cancer/>

National Cancer Institute (NCI)

Evidence-based information on breast cancer risk, symptoms, screening, diagnosis, treatment, and research.

<https://www.cancer.gov/types/breast>

U.S. Preventive Services Task Force

Current evidence-based recommendation for breast cancer screening in average-risk adults.

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>

American Cancer Society

Patient-friendly information on breast cancer, early detection, risk, diagnosis, treatment, and survivorship.

<https://www.cancer.org/cancer/types/breast-cancer.html>

CDC National Breast & Cervical Cancer Early Detection Program

Information about free or low-cost breast and cervical cancer screening for eligible people with low incomes who are uninsured or underinsured.

<https://www.cdc.gov/breast-cervical-cancer-screening/>

NOTICE A CHANGE?

A new lump, swelling, skin or nipple changes, unusual nipple discharge, or another persistent breast change deserves medical attention. Do not rely on social media or a handout to diagnose a breast concern.

Vitality Educational Services LLC | Community education for safer, more informed decisions.

Educational use only. This guide does not provide diagnosis or individualized medical advice. Resource information reviewed August 2026.