Breast Cancer Myths

December 1, 2007

Here are the top ones, according to the Comprehensive Cancer Center at the University of Michigan:

Myth: I'm not at risk if no one in my family has had breast cancer.
Reality: About 85% of women who develop breast cancer do not have a family history of the disease.

Myth: Young women don't get breast cancer.
Reality: It is more common for women to get breast cancer after menopause, but 1 in 4 women with breast cancer is younger than 50.

Myth: Breast cancer is a death sentence.
Reality: If detected at an early stage, up to 98% of women survive breast cancer at least five years.

Myth: Chemotherapy causes nausea and vomiting.
Reality: Yes, but in the last 10 years, these side effects are less likely with newer drugs.

Myth: I have a bump on my breast. It's cancer.
Reality: The majority of "abnormal" mammograms reveal cysts or other benign "bumps" such as fibroadenomas or small mineral deposits. The best bet is to get checked by a doctor.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.tusaludmag.com/article/breast-cancer-myths