Breast cancer forms in tissues in the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare. The American Cancer Society’s most recent estimates for breast cancer in the United States are for 2011:

- About 230,480 new cases of invasive breast cancer in women.
- About 57,650 new cases of carcinoma in situ (CIS) will be found (CIS is noninvasive and is the earliest form of breast cancer).
- About 39,520 deaths from breast cancer (women).

Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer.

The chance of a woman having invasive breast cancer some time during her life is a little less than 1 in 8. The chance of dying from breast cancer is about 1 in 35. Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment. Right now there are more than 2½ million breast cancer survivors in the United States.

No one knows the exact causes of breast cancer. Doctors often cannot explain why one woman develops breast cancer and another does not. They do know that bumping, bruising, or touching the breast does not cause cancer. And breast cancer is not contagious.

Research has shown that women with certain risk factors are more
likely than others to develop breast cancer. Some risk factors include:
- Age.
- Family history.
- Certain breast changes.
- Gene changes, reproductive and menstrual history.
- Race.
- Radiation therapy to the chest.
- Breast density.
- Being overweight or obese after menopause.
- Lack of physical activity.
- Drinking alcohol.

If you think you may be at risk, you should discuss this concern with your doctor. Your doctor may be able to suggest ways to reduce your risk and can plan a schedule for checkups and screenings.

Screening for breast cancer before there are symptoms is important. Screenings can help doctors find and treat cancer early. Your doctor may suggest the following screening tests for breast cancer:

- **Screening Mammogram**: Women in their 40s and older should have mammograms every 1 to 2 years. A mammogram is a picture of the breast made with x-rays. Women who are younger than 40 and have risk factors for breast cancer should ask their health care provider whether to have mammograms and how often to have them.

- **Clinical Breast Exam**: Your health care provider looks for differences in size and shape between your breasts. The skin of your breasts is checked for a rash, dimpling, or other abnormal signs.

- **Breast Self-Exam**: You may perform monthly breast self-exams to check for any changes. It is important to remember that changes can occur because of aging, your menstrual cycle, pregnancy, menopause, or taking birth control pills or other hormones. It is important to contact your health care provider if you notice any unusual changes in your breasts.

Some questions you may want to ask your doctor about screening:
- Which tests do you recommend for me? Why?
- Do the tests hurt? Are there any risks?
- How much do mammograms cost? Will my health insurance pay for them?
- How soon after the mammogram will I know the results?
- If the results show a problem, how will you learn if I have cancer? (What is the process?)

ON THE NET:
- [www.cancer.gov](http://www.cancer.gov)
SIP Commissioning Ceremony
- Students in Philanthropy members take a pledge and make a commitment to SIP for the year.
- Family, friends, the college, and special supporters of the program are invited.
- Carrasco Room at 6 p.m.

Prize Ride
- Look for Ty and Steph giving students free rides to their classes, residence halls, or dining hall.
- Jump on board for your chance to win a prize!

Baptist Student Ministries
- BSM meets Thursdays at 12:30 p.m. in SSC 134.

Event information may change. Check www.midland.edu for updates.
<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>31</td>
<td>October</td>
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<td>Table Tennis</td>
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| 22   | Baseball 3 p.m.  
SCA Meeting |
| 21   | Tournament  
Table Tennis  
Minister  
Baptist Student chap |
| 20   | Table Tennis  
Minister  
Baptist Student chap |
| 19   | Table Tennis  
Minister  
Baptist Student chap |
| 18   | Table Tennis  
Minister  
Baptist Student chap |
| 17   | Table Tennis  
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Baptist Student chap |
| 16   | Table Tennis  
Minister  
Baptist Student chap |
| 15   | SCA Meeting  
chap |
| 14   | SCA Meeting  
chap |
| 13   | Baseball 12 p.m.  
SCA Meeting |
| 12   | Baseball 7 p.m.  
SCA Meeting |
| 11   | College Night  
National Ministers  
Baptist Student chap |
| 10   | Baseball 2 p.m.  
SCA Meeting |
| 9    | Baseball 2 p.m.  
SCA Meeting |
| 8    | Baseball 2 p.m.  
SCA Meeting |
| 7    | Baseball 2 p.m.  
SCA Meeting |
| 6    | Baseball 2 p.m.  
SCA Meeting |
| 5    | Baseball 2 p.m.  
SCA Meeting |
| 4    | Baseball 2 p.m.  
SCA Meeting |
| 3    | Baseball 2 p.m.  
SCA Meeting |
| 2    | Baseball 2 p.m.  
SCA Meeting |
| 1    | Baseball 2 p.m.  
SCA Meeting |

-Breast Cancer Awareness Month-