Test Your Breast Cancer Knowledge

Regular exams and a good understanding can help defend against breast cancer, yet many women hold outdated ideas about their own breast cancer risk. Take this quiz to test and sharpen your breast cancer knowledge.

1. The greatest risk of breast cancer occurs at what age?
   a) Under 35
   b) 35-49
   c) 50 and over

2. Most women diagnosed with breast cancer have:
   a) A family history of the disease
   b) Lumpy breast tissue
   c) High stress levels
   d) All of the above
   e) None of the above

3. Which item is not known to have an effect on the risk of breast cancer?
   a) Alcohol
   b) Excess weight
   c) Exercise
   d) Preservatives in food
   e) Hormone replacement therapy (HRT)

4. Which of these has been proven to increase breast cancer risk?
   a) Cell phones
   b) Underwire bras
   c) Antiperspirants
   d) Breast implants
   e) All of the above
   f) None of the above

5. Which U.S. ethnic group has the highest rate of new cases (incidence) of breast cancer?
   a) White
   b) African-American
   c) Hispanic
d) Asian
e) American Indian / Alaska Native
f) Other

6. At what age does the ACS recommend that women begin yearly mammograms?
   a) 30
   b) 35
   c) 40
   d) 50

7. Which disease is the number one killer of women in the U.S.?
   a) Colon cancer
   b) Breast cancer
   c) Lung cancer
   d) Heart Disease

Answers: 1) c, 2) e, 3) d, 4) f, 5) a, 6) c, 7) d
Test Your Knowledge of Breast Cancer Quiz Talking Points

1. The risk of breast cancer increases with increasing age. 77% of breast cancers are diagnosed in women 55 and older.

2. There are different kinds of risk factors. Some factors, like a person's age or race, can't be changed. Others are linked to cancer-causing factors in the environment. Still others are related personal behaviors, such as smoking, drinking, and diet. Some factors influence risk more than others, and risk for breast cancer can change over time, due to factors such as aging or lifestyle. The main risk factors for developing breast cancer are being a woman and growing older. Having a risk factor, or even several, does not mean that you will get the disease. Most women who have one or more breast cancer risk factors never develop the disease, while many women with breast cancer have no apparent risk factors (other than being a woman and growing older).

3. Exercise has been shown to decrease the overall risk of getting cancer by helping a person maintain a healthy weight. Overweight and obesity has been linked to increased cancer risk.

4. Questions 4 talking points:
   o Internet e-mail rumors have suggested that chemicals in underarm antiperspirants are absorbed through the skin, interfere with lymph circulation, cause toxins to build up in the breast, and eventually lead to breast cancer. There is very little laboratory or population-based evidence to support this rumor.
   o Internet e-mail rumors and at least one book have suggested that bras cause breast cancer by obstructing lymph flow. There is no good scientific or clinical basis for this claim. Women who do not wear bras regularly are more likely to be thinner or have less dense breasts, which would probably contribute to any perceived difference in risk.
   o Several studies have found that breast implants do not increase breast cancer risk, although silicone breast implants can cause scar tissue to form in the breast. Implants make it harder to see breast tissue on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely.
o The International Agency for Research on Cancer (IARC), part of the World Health Organization, has concluded that using cell phones may possibly cause cancer. The agency classifies exposure to radiofrequency (RF) electromagnetic fields, which includes cell phone use, as “possibly carcinogenic to humans.” Also in this category are gasoline exhaust and coffee. The classification means that there could be some risk, but that the evidence is not strong enough to confirm the link, and needs to be researched further.

5. White women are slightly more likely to develop breast cancer than are African-American women. African-American women are more likely to die of this cancer. At least part of this seems to be because African-American women tend to have more aggressive tumors, although why this is the case is not known. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.

6. Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health. Current evidence supporting mammograms is even stronger than in the past. In particular, recent evidence has confirmed that mammograms offer substantial benefit for women in their 40s. Women can feel confident about the benefits associated with regular mammograms for finding cancer early. However, mammograms also have limitations. A mammogram will miss some cancers, and it sometimes leads to follow up of findings that are not cancer, including biopsies.

7. Worldwide, cardiovascular disease (CVD) is the largest single cause of death among women, accounting for one third of all deaths. (Mosca, Banka et al. 2007)

Test Your Knowledge of Colorectal Cancer

1. Colorectal cancer is a men’s disease.
   a) True
   b) False

2. Colorectal cancer can be prevented with certain kinds of screening tests.
   a) True
   b) False

3. Age doesn’t matter when it comes to getting colorectal cancer.
   a) True
   b) False

4. People are more comfortable talking about politics or religion than colorectal cancer.
   a) True
   b) False

5. African-Americans face a lower risk of getting colorectal cancer than any other racial / ethnic group.
   a) True
   b) False

Answers: 1) b, 2) a, 3) b, 4) a, 5) b
Test Your Knowledge of Colorectal Cancer Quiz Talking Points

1. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

2. Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer. Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer. Regular screening can, in many cases, prevent colorectal cancer altogether. This is because most polyps can be found and removed before they have the chance to turn into cancer. Screening can also result in finding colorectal cancer early, when it is highly curable.

3. Younger adults can develop colorectal cancer, but the chances increase markedly after age 50: More than 9 out of 10 people diagnosed with colorectal cancer are older than 50.

4. African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. The reasons for this are not yet understood. Jews of Eastern European descent (Ashkenazi Jews) have one of the highest colorectal cancer risks of any ethnic group in the world. Several gene mutations leading to an increased risk of colorectal cancer have been found in this group. The most common of these DNA changes, called the I1307K APC mutation, is present in about 6% of American Jews.
Test Your Knowledge of Tobacco and Lung Cancer

Test your knowledge of the progress we’ve made in the fight against tobacco, the statistics for lung cancer incidence and death rates, and the benefits of quitting smoking.

1. Within how many hours after quitting does the carbon monoxide level in your blood drop to normal?
   a) 12 hours
   b) 24 hours
   c) 36 hours
   d) 48 hours

2. In one year, an ex-smoker will have saved how much money if they spent an average of $4 per pack of cigarettes and smoked one pack each day.
   a) $800
   b) $1,000
   c) $1,400
   d) $2,000

3. Cigarettes, cigars, and smokeless and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual compounds have been identified in tobacco and tobacco smoke. Among those 4,000 individual ingredients, how many are known carcinogens?
   a) More than 60
   b) More than 90
   c) More than 120
   d) Nearly 400

4. In the United States, tobacco use is responsible for nearly ____ in ____ deaths.
   a) 1 in 5
   b) 2 in 5
   c) 1 in 3
   d) 1 in 2

5. Half of all Americans who continue to smoke will die from smoking-related diseases.
a) True
b) False

6. What remains the most preventable cause of death in our society?
   a) Car accidents
   b) Suicides
   c) Fires
   d) Smoking-related diseases

Answers: 1) a, 2) c, 3) a, 4) a, 5) a, 6) d
Test Your Knowledge of Tobacco and Lung Cancer Talking Points

3. Cigarette smoke is a complex mixture of chemicals produced by the burning of tobacco and its additives. The smoke contains tar, which is made up of more than 4,000 chemicals, including over 60 known to cause cancer. Some of these substances cause heart and lung diseases, and all of them can be deadly.

6. Because cigarette smoking and tobacco use are acquired behaviors -- activities that people choose to do -- smoking is the most preventable cause of death in our society.