



JOIN THE FIGHT FOR  
WOMEN'S SURVIVAL  
CANCER RESEARCH UK

## TOP TEN BREAST CANCER MYTHS EXPLAINED

### 1. Using deodorant causes breast cancer

There is no scientific evidence that anti-perspirants or deodorants cause breast cancer or increase the risk of the disease. More information is available at:

<http://info.cancerresearchuk.org/healthyliving/cancercontroversies/>

### 2. An ill-fitting bra can cause breast cancer

There is no evidence to show that tight or underwired bras cause breast cancer.

### 3. Women are as likely to get breast cancer in their 30s or 40s as in their 60s and 70s

Breast cancer risk increases with age. Eighty per cent of cases are found in women over 50.

### 4. Lumps are the only sign of breast cancer

Other possible signs include changes in the size, shape or feel of your breasts, any puckering, dimpling or redness of the skin, changes in the position of the nipple, a rash or nipple discharge, or pain or discomfort that is new to you and felt only on one side. Further information is available at [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### 5. Asking for screening over 70 is pointless as women are unlikely to get breast cancer at that age

The older a woman is the greater her breast cancer risk. Cancer Research UK encourages women to ask their GPs to arrange screening after invitations stop at 70.

### 6. Women from low socio-economic groups are more likely to get breast cancer

Breast cancer is actually more common among middle-class women, which may be due to lifestyle habits such as having children later.

### 7. Black and Asian women hardly ever get breast cancer

Although rates vary between different ethnic groups breast cancer remains the most common cancer among all women.

### 8. Breastfeeding children increases breast cancer risk

Scientific evidence consistently shows the longer a woman breastfeeds the more she reduces her risk of the disease. Further information is available at [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### 9. Waiting to have children until your 30s decreases breast cancer risk

Studies show that women who have children later in life actually have an increased risk of breast cancer.

### 10. Red wine prevents breast cancer

Drinking moderate amounts of alcohol, even red wine, can increase the risk of breast cancer. The more you cut down on alcohol the more you reduce your risk.