

Think Pink in October: Myths & Facts

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October is Breast Cancer Awareness Month and "Thinking Pink" is about to infiltrate the Valley. It's no surprise that breast cancer is such an important subject. With one in every 8 women developing breast cancer, it is the most commonly diagnosed cancer among women in our country. This month, many organizations will do their best to educate while simultaneously raising funds to benefit the research of cancer. While we should all participate in some of the promotions that are about to begin – maybe a family charity walk or enjoying pink punch cocktail – it's also crucial to become educated on the subject. As we are mothers, daughters, sisters and friends, we have a duty to help spread awareness on this important matter.

For the last several years, I've heard many myths commonly associated with breast cancer. In an attempt to "think pink" and promote knowledge this October, I thought I'd debunk some of the more "popular" false myths.

MYTH: Finding a lump in your breast means you have breast cancer.

FACT: Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, go talk to your doctor.

MYTH: Breast implants can raise your cancer risk.

FACT: Women with breast implants are at no greater risk of getting breast cancer, according to research. However, standard mammograms don't always work as well on these women, so additional X-rays are sometimes needed to more fully examine breast tissue. If you're currently considering a breast augmentation, be sure to discuss your options in plastic surgery with a board certified [Scottsdale plastic surgeon](#), like Dr. Berardi at Berardi Aesthetics and Plastic Surgery. He is known for the most advanced and safest options in breast augmentation.

MYTH: Only women with a family history of breast cancer are at risk.

FACT: Roughly 70% of women diagnosed with breast cancer have no identifiable risk factors for the disease. But the family-history risks are these: If a first-degree relative (a parent, sibling, or child) has had or has breast cancer, your risk of developing the disease approximately doubles.

MYTH: Wearing an underwire bra increases your risk of getting breast cancer.

FACT: The good news is that you don't have to throw out anything from Victoria's Secret. Claims that underwire bras compress lead to cancer have been widely debunked as unscientific. The consensus is that neither the type of bra you wear nor the tightness of your underwear or other clothing has any connection to breast cancer risk.

MYTH: Breast cancer only affects women only.

FACT: Each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

MYTH: Breast reconstruction is nearly impossible after a mastectomy.

FACT: If you need a mastectomy, you have options in rebuilding the shape of the breast by breast reconstruction. With modern-day medical options, breast reconstruction is a viable option. If you're considering breast reconstruction, take time to find a [top breast reconstruction plastic surgeon in Scottsdale](#).