

# Breast Health Quiz

October is National Breast Cancer Awareness Month.

Take the Quiz Below to Find Out  
*How Much Do You Know about Breast Care?*

True or False

- \_\_\_\_\_ 1. Healthy breasts can feel lumpy.
- \_\_\_\_\_ 2. Changes to the outside of a breast may indicate a problem within it.
- \_\_\_\_\_ 3. If I find a lump in my breast and my last mammogram was negative, it is nothing to worry about.
- \_\_\_\_\_ 4. As you age, your risk of developing breast cancer increases
- \_\_\_\_\_ 5. All breast lumps are cancerous.
- \_\_\_\_\_ 6. Breast Cancer is most common in women with a family history of breast cancer
- \_\_\_\_\_ 7. The composition of a healthy breast changes after menopause.
- \_\_\_\_\_ 8. Women without breast cancer symptoms don't need mammograms.
- \_\_\_\_\_ 9. Women with small breasts are less likely to have breast cancer.
- \_\_\_\_\_ 10. Breast self-exams can serve a helpful function.
- \_\_\_\_\_ 11. A breast injury can cause breast cancer.
- \_\_\_\_\_ 12. The earlier breast cancer is found, the better the chances for successful treatment.