

# EVERY *Woman* DESERVES TO FEEL EMPOWERED



Breast cancer is the **most common cancer** in women worldwide\*



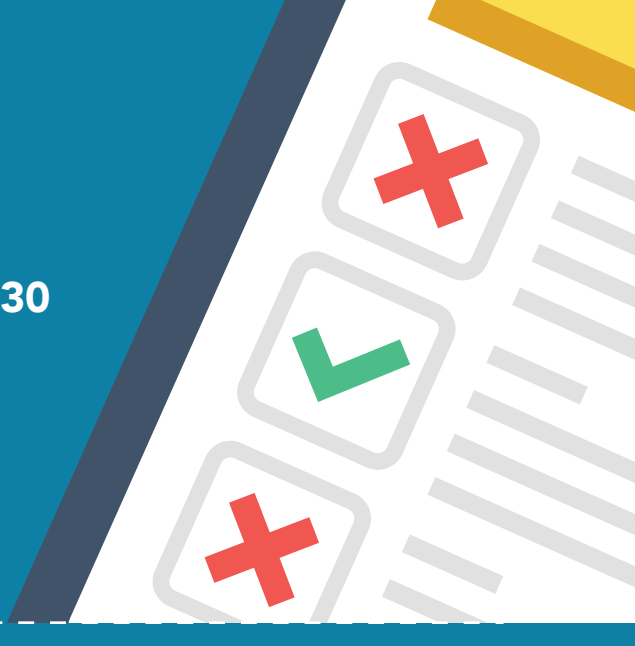
**2.1 MILLION** new cases each year worldwide\*

Global incidence increasing  
— BUT —  
global survival rates improving due to earlier detection and more and better treatment options

## KNOW YOUR RISK

Factors associated with an increased risk of breast cancer may include:

- > Being female
- > Increasing age
- > Personal/family history of breast conditions/breast cancer
- > Genetic risk factors (BRCA1 & BRCA2)
- > Obesity
- > Beginning your period before age 12
- > Beginning menopause at an older age
- > Having your first child after the age of 30
- > Never having a full-term pregnancy
- > Postmenopausal hormone therapy
- > Drinking alcohol



## SIGNS AND SYMPTOMS



### BREAST LUMP

A breast lump or thickening that feels different from the surrounding tissue



### BREAST CHANGES

Change in the size, shape or appearance of a breast



### SKIN CHANGES

Changes to the skin over the breast, such as dimpling, redness or pitting of the skin over your breast, like the skin of an orange



### INVERTED NIPPLE

A newly inverted nipple

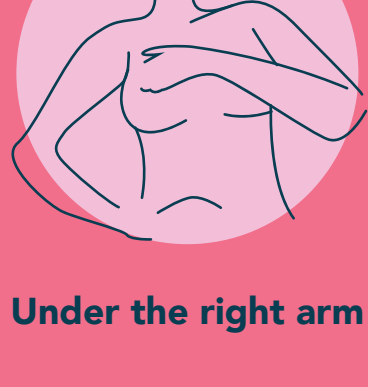


### AREOLA CHANGES

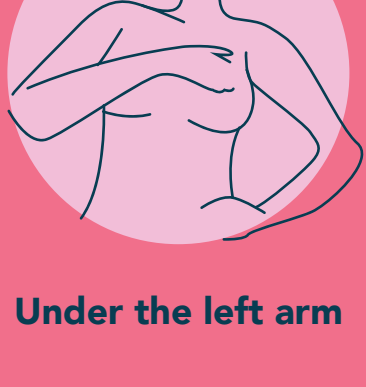
Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin

## REGULAR SELF-EXAM

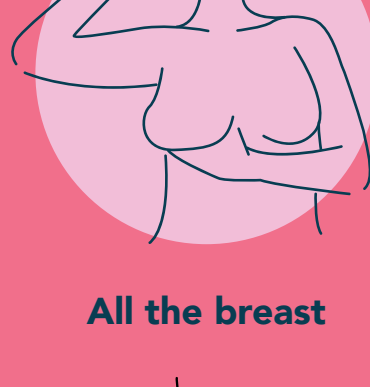
Become familiar with your breasts through breast self-exam, so you're more likely to notice a lump or other changes in your breasts.



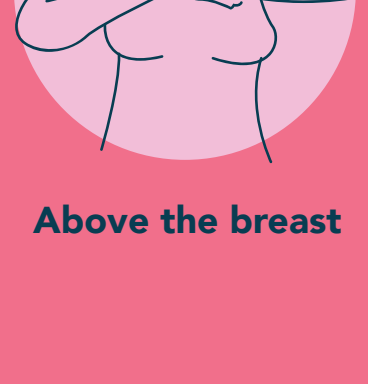
**Under the right arm**



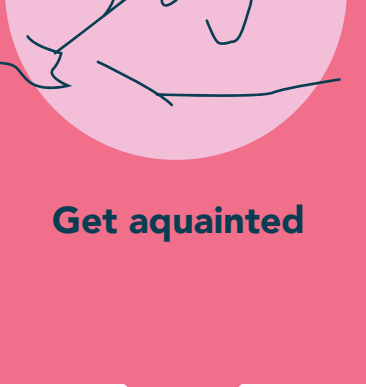
**Under the left arm**



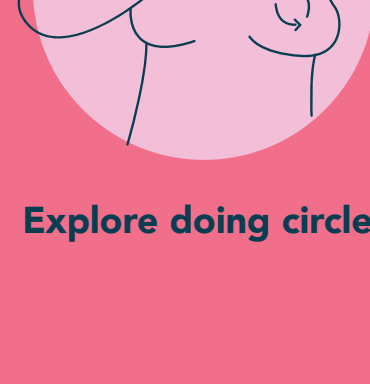
**All the breast**



**Above the breast**



**Get acquainted**



**Explore doing circles**

## MEDICAL SCREENING



### BREAST EXAM

Doctor examination of your breasts and lymph nodes for lumps or other abnormalities.



### MAMMOGRAM

An X-ray of the breast.



### BREAST MAGNETIC RESONANCE IMAGING (MRI)

A diagnostic imaging solution that does not use radiation.

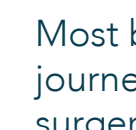


### BREAST ULTRASOUND

Typically used to determine whether a new breast lump is a solid mass or a fluid-filled cyst.

## TREATMENTS CONTINUALLY ADVANCING

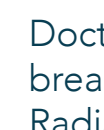
You have more options than ever for successfully treating breast cancer. It's important to talk to your doctor about all your treatment options, so you can get answers to your questions and weigh the pros and cons against your goals and lifestyle.



### SURGERY

Most breast cancer treatment journeys include some type of surgery. Surgery can be used to:

- Remove as much of the cancer as possible.
- Determine if cancer has spread to lymph nodes.
- Restore the breast's shape after previous surgery.
- Relieve symptoms of advanced cancer.



### RADIATION THERAPY

Doctors use radiation therapy to treat breast cancer at almost any stage. Radiation therapy directs high-energy rays or particles at killing cancer cells, and can be used:

- In conjunction with surgery, chemotherapy and other treatments.
- To treat metastatic cancer (cancer that has spread to other parts of the body).
- To treat recurrences (cancers that have returned following initial treatment).



### CHEMOTHERAPY

Uses drugs to kill rapidly growing cells, including cancer cells.



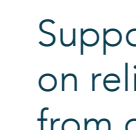
### HORMONE THERAPY

Uses drugs to block hormones (estrogen and progesterone) from attaching to hormone-sensitive cancers.



### TARGETED DRUG THERAPY

Attacks specific characteristics within cancer cells.



### SUPPORTIVE CARE

Supportive or palliative care focuses on relieving pain and other symptoms from cancer or cancer treatment.

## empowering YOURSELF AS A PATIENT

**Connect with breast cancer patients & survivors.** Many find it helpful to talk to others in a similar situation. The American Cancer Society can help you find both local and online support groups.

**Talk about your feelings.** Whether it's a spouse, friend or family member, a trusted mentor or a counselor, share your feelings as you go through your treatment experience.

**Lean on family and friends.** Take advantage of offers to help and provide support.

**Acknowledge physical changes to your body.** Experts say that confronting the changes to your body — whether on your own or through talking with a friend, partner or counselor — will help you gain self-confidence.

**Strive to maintain intimacy with your partner.** Breast cancer can impact self-image and sometimes impact intimate relationships. Share your feelings, concerns and insecurities with your partner and work to maintain intimacy that will support your wellness.

## WHAT ABOUT PREVENTION?

There is no proven way to prevent breast cancer. However, you may reduce your risk of developing breast cancer if you:

- 1 Choose a healthy diet full of fruits and vegetables
- 2 Exercise most days of the week
- 3 Maintain a healthy weight
- 4 Limit excess alcohol consumption
- 5 Limit postmenopausal hormone therapy



Learn more about how Accuray is redefining what's possible in the treatment of breast cancer.

**RADIXACT**

\* Source: World Health Organization

**Important Safety Statement:** Most side effects of radiotherapy, including radiotherapy delivered with Accuray systems, are mild and temporary, often involving fatigue, nausea, and skin irritation. Side effects can be severe, however, leading to pain, alterations in normal body functions (for example, urinary or salivary function), deterioration of quality of life, permanent injury and even death. Side effects can occur during or shortly after radiation treatment or in the months and years following radiation. The nature and severity of side effects depend on many factors, including the size and location of the treated tumor, the treatment technique (for example, the radiation dose), the patient's general medical condition, to name a few. For more details about the side effects of your radiation therapy, and if treatment with an Accuray product is right for you, ask your doctor.

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