

MYTHBUSTERS

Get your friends and family to bust the myth about breast cancer!
Once the group has guessed the myth you can reveal the truth!
Two statements on your card are true, one is a commonly thought
myth in the community.

Changes in breast shape can be a sign of breast cancer	TRUE
2mm is the smallest cancer found by regular mammogram	TRUE
Keeping a phone down your bra increases your risk of breast cancer	FALSE

REVEAL THE TRUTH

There is no evidence to suggest that a phone is a risk factor

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0800 BC NURSE line is a free advice service run by BCFNZ

TRUE

Finding a lump means you must have breast cancer

FALSE

Dragon boating can assist with rehabilitation

TRUE

REVEAL THE TRUTH

9 out of 10 lumps found are not breast cancer, but you must always get it checked out by a doctor

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BCFNZ has a free counselling service

TRUE

Unusual pain in your breasts can be a sign of breast cancer

TRUE

Men do not get breast cancer

FALSE

REVEAL THE TRUTH

While rare, approximate 25 men in NZ are diagnosed a year with breast cancer

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You should be breast aware from 20

TRUE

Mammograms are only useful for those aged 45-69

FALSE

You can reduce your risk by having alcohol free days

TRUE

REVEAL THE TRUTH

Yearly mammograms are highly recommended for those aged 40 onwards. The government only funds those from 45-69 to have a mammogram every two years progressively rising to age 74.

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BCFNZ's vision is zero deaths from breast cancer

TRUE

You can reduce your risk by maintaining a healthy body weight

TRUE

Antiperspirants and deodorants cause breast cancer

FALSE

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No conclusive evidence to support this

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Age increases risk of breast cancer

TRUE

Most breast cancers are linked to family history

FALSE

You can skype a counsellor on BCFNZ's free counselling service

TRUE

REVEAL THE TRUTH

While women who have a family history of breast cancer are at a higher risk group, most women who have breast cancer have no inherited risk.

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|--|--------------|
| BCFNZ have an online directory with nearly 400 listings | TRUE |
| 15.6mm is the average size of cancer found by a first mammogram | TRUE |
| Wearing an underwire bra increases you risk of getting breast cancer | FALSE |
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REVEAL THE TRUTH

Not proven, the type of bra or tightness of your underwear has no connection to your breast cancer risk.

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Certain types of Pilates can assist with breast cancer rehabilitation	TRUE
Small breasted women have less chance of getting breast cancer	FALSE
Change in skin on the breast can be a sign of breast cancer	TRUE

REVEAL THE TRUTH

There is no connection between the size of breast and risk of getting breast cancer. Regardless of size all women should commit to routine screenings and check ups.