

# 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.

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

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## 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**

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## 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**

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## 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**

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## 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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## REVEAL THE TRUTH

No conclusive evidence to support this

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Age increases risk of breast cancer

**TRUE**

If you have a family history of breast cancer you are likely to develop it

**FALSE**

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

**TRUE**

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## 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 family history.

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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 your 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	<b>TRUE</b>
Small breasted women have less chance of getting breast cancer	<b>FALSE</b>
Change in skin on the breast can be a sign of breast cancer	<b>TRUE</b>

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## 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.