BREAST CANCER TRIVIA QUESTION SHEET

1. Based on current evidence, which of the following is NOT a potential risk factor for breast cancer?
   
   a) a lack of physical activity  
   b) wearing under-wire bras  
   c) cigarette smoking  
   d) being a woman  

   **Answer:** B. It is a myth that wearing bras while sleeping, or wearing under-wire bra’s cause breast cancer.

2. What is the name for an X-ray of the breast that is used to help detect cancer?

   **Answer:** Mammogram

3. Which of the following is NOT a treatment used for breast cancer?

   a) surgery  
   b) chemotherapy  
   c) radiation  
   d) hormone therapy  
   e) ultraviolet light therapy  

   **Answer:** E.

4. Men cannot get breast cancer. True or False?

   **Answer:** False. Breast cancer occurs in men in less than 1% of all breast cancer cases.

5. Which figure represents the approximate number of women who were diagnosed with breast cancer in Manitoba in 2006?

   a) 520  
   b) 350  
   c) 810  
   d) 1050  

   **Answer:** C. Of 22,300 women in Canada diagnosed with breast cancer in 2006, approximately 810 of those women came from Manitoba.
6. Which of the following represents the percentage of breast cancers passed down through a gene from one family member to another?

   a) 5 – 10%
   b) 60 – 65%
   c) 15 - 20%
   d) 35 – 40%

**Answer:** A. Only 5 – 10% of all new breast cancers are passed down through a gene from one family member to another.

7. Hereditary breast cancer (breast cancer that is passed down through a gene from one family member to another) may be suspected when:

   a) several close family members (mother, daughter, sister, aunt, grandmother) have been diagnosed with breast or ovarian cancer
   b) a male relative has been diagnosed
   c) family members have been diagnosed at a young age
   d) a number of generations are involved
   e) all of the above

**Answer:** E, all of the above. Hereditary breast cancer may also be suspected when both breasts have been involved in a particular case.

8. What is the name for the breast cancer surgery that removes the breast?

**Answer:** Mastectomy

9. Breast cancer does not occur in young women. True or False?

**Answer:** False. Breast cancer occurs very rarely in teens and young adults. Between 1956 and 2004, only one case of breast cancer was documented in young women between 15 and 19 years of age.

10. Which of the following has been shown to increase one’s risk for developing breast cancer?

   a) bumping or bruising the breasts
   b) using antiperspirant
   c) eating non-organic fruits and vegetables
   d) getting breast implants
   e) having an abortion
   f) none of the above
Answer: F.

11. Which of the following breast cancer risk factors are risk factors that we can control?

a) cigarette smoking and exposure to second hand smoke
b) inactivity
c) eating an unhealthy diet
d) all of the above
e) none of the above

Answer: D.

12. Which of the following statements are false?

a) Most breast lumps are benign, meaning NOT cancerous
b) Most women diagnosed with breast cancer will die
c) BRCA 1 and BRCA 2 are genes that may increase one’s risk for breast cancer
d) Becoming familiar with your body as a young adult will enable you to detect abnormal changes later in life
e) Women who exercise regularly have a reduced risk of breast cancer

Answer: B. The 5-year relative survival for all stages of breast cancer is 86%. This means that, on average, people diagnosed with breast cancer are 86% as likely to live 5 years (or more) after diagnosis as people in the general population who do not have cancer (this does not mean that a person with a particular type of cancer is only going to live 5 years. Many live much longer, especially when their cancer is detected and treated early). Survival varies with each stage of breast cancer. Generally, the earlier breast cancer is diagnosed and treated, the better the outcome.

**Breast cancer survival**

<table>
<thead>
<tr>
<th>Stage</th>
<th>5-year relative survival</th>
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<tr>
<td>0</td>
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<tr>
<td>I</td>
<td>100%</td>
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<td>92%</td>
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<td>IIIB</td>
<td>54%</td>
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<tr>
<td>IV</td>
<td>20%</td>
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13. Which of the following represents a Canadian woman’s lifetime risk of developing breast cancer?

a) 1 in 4
b) 1 in 27
c) 1 in 9
d) 1 in 6

**Answer:** C. One in 9 Canadian women will develop breast cancer in her lifetime. This means that if we kept track of a group of 1000 Canadian girl babies throughout their lives, we would find that 111 of them (one in 9) would have been diagnosed with breast cancer at some point during that time. It does not mean that if 9 Canadian women were together in a room then one of them would have breast cancer at that moment (Canadian Cancer Society, 2006).