

# ECHO Script

*Emergency and Community Health Outreach*



Final Script  
June 28, 2010

## **ECHO Show**

### **“Breast Cancer: Detection, Prevention and Treatment”**

Finalized Script Deadline: Monday, June 28, 2010

Translation Deadline: July 7, 2010

Flesch-Kincaid grade reading level: | Total words: 567

**-1-**

Every year, three thousand women in Minnesota get breast cancer. It’s something that can sound frightening, but it can be successfully treated, especially if it is found early.

**-2-**

What is breast cancer?

It’s a tumor that starts from cells of the breast.

**-3-**

Cells are the building blocks that help make up our bodies.

A cancerous, or malignant tumor is a group of cancer cells that may invade or spread into surrounding tissues in other parts of the body.

**-4-**

Breast cancer almost always occurs in women, but men can get it, too.

No one knows what causes breast cancer, but doctors do know that certain women are more likely than others to develop it.

**-5-**

For example, the chance of getting breast cancer increases as you get older. Most women, but not all, are over 60 years old when they are diagnosed. People who have relatives who had breast cancer are also more likely to develop it.

**-6-**

But more and more women have been surviving breast cancer, because people are learning more about the disease and it is being detected earlier.

Breast cancer is treatable, and the earlier it is detected, the better chance a person has of surviving it.

**-7-**

The treatment is also easier on the person if the cancer has been found early.

Unfortunately, breast cancer is often *not* being detected early among women who are not native English speakers.

**-8-**

To increase your chances of doctors finding breast cancer as soon as possible, they recommend that women have regular clinical breast exams and, for women age 40 and older, mammograms.

**-9-**

A mammogram is an X-ray of the breast that can reveal possible cancer.

Once you reach the age of 40, doctors recommend you have a mammogram every year.

A mammogram can detect possible cancer before it can be felt by you or a health professional.

**-10-**

In addition to regular mammograms and breast exams, your doctor can show you how to do self-exams to check for any lumps or unusual signs in your breasts.

**-11-**

You can also reduce your chances of getting breast cancer by limiting the amount of alcohol you drink, not smoking and avoiding second hand smoke, eating at least five servings of fruit and vegetables, and making sure you regularly exercise.

**-12-**

If you do get breast cancer, there are many ways to treat it.

Those include radiation therapy, which uses high powered beams of energy, such as X-rays, to kill cancer cells.

**-13-**

Another treatment is chemotherapy, which uses drugs to destroy cancer cells.

**-14-**

For some women, surgery is the best choice.

Sometimes just the tumor is removed.

In other cases, the entire breast is removed to stop the cancer from spreading.

**-15-**

When it comes to recovering from breast cancer treatment and preventing it, it's important that women talk about it with each other, and with their families.

That way husbands, brothers, kids, other relatives, and close friends can understand what they are going through, and help keep them to a medical schedule that keeps them as healthy as possible.

**-16-**

There are many resources available for women to learn about both preventing breast cancer and dealing with it.

**-17-**

In just the past twenty years, breast cancer survival rates have gone up dramatically.

The more you know about breast cancer, the better your chances of preventing it or surviving it.

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