

## **Breast Cancer: Myths vs. Facts (Interview Transcripts)**

**Jilma Patrick, M.D., Fellowship-Trained Breast Surgeon, OSF HealthCare**

“As of today, as of this point, there is no evidence out there to link wearing a bra and breast cancer. And in terms of antiperspirants, there is ongoing research that looks at any possible link between the two, but present day there is no correlation between antiperspirants and breast cancer.” (:22)

**Jilma Patrick, M.D., Fellowship-Trained Breast Surgeon, OSF HealthCare**

“While it is true that we know cancer cells consume glucose much quicker than normal cells, but there has been no study that has proven that if you digest or consume a large portion of sugar or have a high sugar diet that it increases your risk of breast cancer.” (:21)

**Jilma Patrick, M.D., Fellowship-Trained Breast Surgeon, OSF HealthCare**

“Some people may think that if you do not feel any lumps in the breast that you don’t need to have a mammogram. And that is a myth because the majority of breast cancers are actually picked up by mammograms and the goal of a mammogram is actually to pick up breast cancer before it becomes palpable. In many cases, once a breast cancer becomes palpable it has already spread to the lymph nodes. So the goal of diagnosis is to catch breast cancer at an early stage so that the patient can have the best overall survival prognosis.” (:35)

**Jilma Patrick, M.D., Fellowship-Trained Breast Surgeon, OSF HealthCare**

“The majority of breast cancers are actually sporadic and only a small percentage of them are due to family history. I know we ask a lot about your family history because it is important, but I also like to educate my patients to let them know that actually only about five to ten percent of breast cancers account for hereditary disposition to breast cancer. So it’s really important that people who do not have a family history of breast cancer also continue to undergo annual screening mammograms.” (:31)

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“The issue with dense breasts is that, one, they can actually hide or obscure a small mass or malignancy that a mammogram is unable to detect. And two, having dense breasts is actually an independent risk factor for developing breast cancer – because most breast cancers tend to develop in those glandular areas of the breasts. It’s important to know that having dense breasts alone does not determine your risk for breast cancer.” (:30)