



Childhood Tumour Trust

breast cancer awareness

NF1 AND BREAST CANCER MYTHBUSTERS

MYTH

I'm too young to worry about breast cancer

Women with NF1 have an increased risk of breast cancer and are predisposed to develop cancer earlier in life than the general population. Those under 50 are at a 5-fold increased risk.



MYTH

Any new lump or change to my breast mean I've got cancer

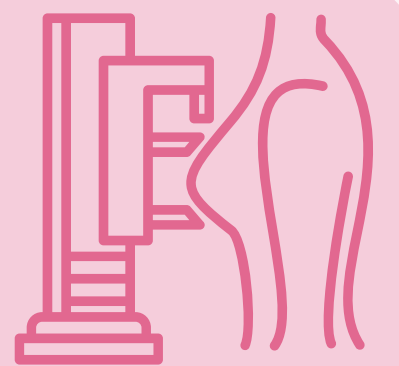
Not all breast lumps or unusual changes to your breast mean you have cancer. There can be many reasons to explain new changes, including hormones. Most changes turn out to be natural and harmless but it is still important to get them checked out.



MYTH

I am only eligible for breast screening when I am 50

While EU guidelines recommend starting breast screening for women with NF1 at age 30, the NHS currently advises beginning screening at age 40. This is younger than population screening of 50-70. We advise individuals to consult with their healthcare providers for personalised guidance.



MYTH

I should avoid getting mammograms due to the increased risk of cancer from the radiation

While prolonged radiation can cause cancer the amount of radiation delivered from a breast x-ray (mammogram) is very low. You'd receive a similar amount flying from London to Australia and back.¹ The benefits of screening far outweigh the risks.²

