

Name: \_\_\_\_\_

## Breast Cancer and Smoking: Separating Fact from Fiction

Complete this quiz to check your knowledge of breast cancer and smoking!

**FACT:** information that has been confirmed in scientific research studies

**FICTION:** information or beliefs that are not true based on scientific research studies

Fact or Fiction?	FACT	FICTION
1. About half of all Canadian teens (aged 12-19) currently smoke.	<input type="checkbox"/>	<input type="checkbox"/>
2. Cigarette smoke is only harmful to people who smoke.	<input type="checkbox"/>	<input type="checkbox"/>
3. Being exposed to second-hand smoke in outdoor areas is safe.	<input type="checkbox"/>	<input type="checkbox"/>
4. Teens who smoke won't begin to see the damage to their health for several years.	<input type="checkbox"/>	<input type="checkbox"/>
5. There is a strong connection between cigarette smoke and breast cancer risk.	<input type="checkbox"/>	<input type="checkbox"/>
6. Researchers have found 20 breast cancer-causing chemicals in cigarette smoke.	<input type="checkbox"/>	<input type="checkbox"/>
7. Breast cancer is something only older women get.	<input type="checkbox"/>	<input type="checkbox"/>
8. Exposure to cigarette smoke increases girls' chances of getting breast cancer.	<input type="checkbox"/>	<input type="checkbox"/>
9. Girls and young women are most at risk from the breast cancer-causing effects of cigarette smoke than at any other age.	<input type="checkbox"/>	<input type="checkbox"/>
10. Canadian teens are exposed to second-hand smoke more than any other age group.	<input type="checkbox"/>	<input type="checkbox"/>
11. Most adults who smoke started in their teens.	<input type="checkbox"/>	<input type="checkbox"/>
12. If girls don't have a history of breast cancer in their family, they don't have to worry about getting breast cancer.	<input type="checkbox"/>	<input type="checkbox"/>
13. Cigarette filters protect the smoker from the toxic chemicals in cigarette smoke.	<input type="checkbox"/>	<input type="checkbox"/>
14. The only way breast cancer presents itself is by a breast lump.	<input type="checkbox"/>	<input type="checkbox"/>
15. Men cannot get breast cancer.	<input type="checkbox"/>	<input type="checkbox"/>

Your Score: \_\_\_\_\_ out of 15

## Answer Key

### 1. Fiction

Smoking rates for teens climbed in the early 1990s, but have been slowly declining. About 1 in 5 (20%) Canadian teens (aged 12-19) currently smoke daily or occasionally. These smoking rates are generally higher among guys than girls. These rates can also vary by region (i.e., rates may be higher in some locations and lower in others) by cultural background (i.e., rates can vary among people of different cultural backgrounds living within Canada).

[http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/teens-ados\\_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/teens-ados_e.php)

### 2. Fiction

Second-hand smoke contains more than 7000 chemicals, over 70 of which have been found to cause cancer. Most of the smoke from a burning cigarette is not inhaled by the person smoking, but instead is released into the air around them, putting anyone else near them at risk. Smoke can also become trapped in hair, skin, fabric (including clothing, carpets, and furniture), and toys. No exposure to second-hand smoke is safe and studies have shown that even low levels of second-hand smoke exposure can be harmful.

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/tobacco/second-hand-smoke/?region=on>

### 3. Fiction

Second-hand smoke can be found wherever a tobacco product is burned, like in doorways, at bus stops, beaches, concerts, and virtually any other public outdoor space. Many people believe that it is safe to smoke outdoors because the smoke will drift away or people will just move out of the way of the second-hand smoke. But, in reality, cigarette smoke doesn't drift very far and outdoor levels of cigarette smoke within one or two meters of a lit cigarette can actually be just as high as levels found indoors. Also, the by-products of smoking (third-hand smoke) will stay behind in the nearby area (e.g. on chairs, tables, railings, etc.) even after the person who smokes butts out. So remember: there is no safe level of exposure to second-hand smoke, inside or outside!

[https://www.healthunit.com/secondhand-smoke-outdoors#reference\\_1](https://www.healthunit.com/secondhand-smoke-outdoors#reference_1)

### 4. Fiction

It doesn't take long to start seeing the damage done to the body by cigarette smoke. Teens who smoke are likely to experience:

- Shortness of breath and difficulties breathing
- Poorer physical fitness
- More colds and coughs
- More pimples and skin conditions
- More wheezing and asthma
- Addiction to nicotine and difficulty quitting

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[http://www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/tobacco/Pages/about\\_tobacco.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/tobacco/Pages/about_tobacco.aspx)

[http://kidshealth.org/teen/drug\\_alcohol/tobacco/smoking.html#](http://kidshealth.org/teen/drug_alcohol/tobacco/smoking.html#)

### 5. Fact

Both smoke inhaled directly by smokers and second-hand smoke contain chemicals that, in high concentrations, can cause breast cancer. After being inhaled through the lungs, the chemicals found in cigarette smoke pass into the blood and are dissolved in fat cells. From there, they travel to breast tissue where they are absorbed and can be found in breast milk.

[http://www.cancer.org/docroot/cric/content/cric\\_2\\_4\\_2x\\_what\\_are\\_the\\_risk\\_factors\\_for\\_breast\\_cancer\\_5.asp](http://www.cancer.org/docroot/cric/content/cric_2_4_2x_what_are_the_risk_factors_for_breast_cancer_5.asp)

[http://www.otru.org/pdf/special/expert\\_panel\\_tobacco\\_breast\\_cancer.pdf](http://www.otru.org/pdf/special/expert_panel_tobacco_breast_cancer.pdf)

### 6. Fact

There are 20 known or suspected breast cancer causing chemicals in cigarette smoke that have been observed in animal studies. These chemicals are carried in fat cells that are broken down by enzymes in breast cells and can cause them to change, or mutate, into cancer cells.

[http://www.otru.org/pdf/special/expert\\_panel\\_tobacco\\_breast\\_cancer.pdf](http://www.otru.org/pdf/special/expert_panel_tobacco_breast_cancer.pdf)

### 7. Fiction

While it is true that the majority of women who are diagnosed with breast cancer are over the age of 50, it is important to know that young women can also be at risk. Breast cancer is actually the most common cancer among women under the age of 50. Every year, more than 1000 Canadian young women are diagnosed with breast cancer – girls as young as 20!

[www.teamshan.ca](http://www.teamshan.ca)

<http://www.cbcf.org/central/AboutBreastCancerMain/AboutBreastCancer/Pages/BreastCancerinCanada.aspx>

### 8. Fact

Researchers have found that starting to smoke at an early age increases girls' risk of breast cancer by about 20%. The longer a girl smokes, the higher her breast cancer risk. But girls that smoke are not the only ones at risk. Being exposed to second-hand smoke (and not actively smoking) can also increase girls' breast cancer risk, by as much as 60 to 70% if exposure is long-term!

[http://www.otru.org/pdf/special/expert\\_panel\\_tobacco\\_breast\\_cancer.pdf](http://www.otru.org/pdf/special/expert_panel_tobacco_breast_cancer.pdf)

### 9. Fact

It is always important to avoid smoking and second-hand smoke to reduce the risk of breast cancer. However, the riskiest time for women to be exposed is between puberty and their first pregnancy, when

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breast tissue is more sensitive to cancer-causing chemicals in cigarette smoke because cells are still developing. Over time, these chemicals start to build up in breast tissue, and can begin to form tumours.

[http://www.otru.org/pdf/special/expert\\_panel\\_tobacco\\_breast\\_cancer.pdf](http://www.otru.org/pdf/special/expert_panel_tobacco_breast_cancer.pdf)

#### **10. Fact**

In Canada, second-hand smoke kills more than 1,100 people each year. Teens aged 12-19 are exposed to more second-hand smoke than any other age group, with the risk declining with age. Youths are most often exposed in public places and at home. Research shows that teens that are exposed to second-hand smoke are more likely to start smoking, become daily smokers or be open to future smoking.

[http://www.cancerview.ca/idc/groups/public/documents/webcontent/crc\\_snapshot\\_9.pdf](http://www.cancerview.ca/idc/groups/public/documents/webcontent/crc_snapshot_9.pdf)

#### **11. Fact**

Many young people start smoking without considering the possibility that they may become addicted, thinking it will be easy to stop. Unfortunately, most will continue smoking well into their adult years. Studies show that the earlier a person starts to smoke, the more cigarettes they are likely to smoke and the more likely they are to have difficulty quitting.

<http://www.statcan.gc.ca/pub/82-624-x/2012001/article/11676-eng.htm>  
<http://publications.gc.ca/Collection-R/Statcan/82-003-XIE/0049782-003-XIE.pdf>

#### **12. Fiction**

Just being female increases a woman's risk of developing breast cancer, whether she has a family history of it or not. Only about 5 to 10 percent of breast cancer cases are thought to be inherited in families, and many women develop breast cancer without any history of breast cancer in their family. However, the more relatives a woman has with breast cancer, the higher her risk is of developing it.

<http://www.cancer.ca/en/cancer-information/cancer-type/breast/risks/?region=bc>

#### **13. Fiction**

Despite how they may be advertised by tobacco companies, cigarette filters do not reduce the harm from the chemicals in cigarette smoke, nor do they protect people from the dangers of second-hand smoke.

<http://www.tobaccofreekids.org/research/factsheets/pdf/0145.pdf>

#### **14. Fiction**

Part of being breast aware is to know what's normal and what's not for breasts. The presence of a new breast lump is only one possible sign of breast cancer. Other changes to the breasts that can be observed are changes to the skin around the breast, like dimpling, puckering or redness. Pain or

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tenderness in the breast or armpit not related to a girl or woman's period are also of concern. A change in the look and feel of the nipple or new/bloody discharge from the nipple are also signs to look out for. If you're unsure about any changes to your breasts, see your family doctor.

[www.cbcf.org/central/AboutBreastHealth/PreventionRiskReduction/risk\\_factors/Pages/default.aspx](http://www.cbcf.org/central/AboutBreastHealth/PreventionRiskReduction/risk_factors/Pages/default.aspx)

## 15. Fiction

Many people are unaware that men can get breast cancer too. The fact is - men also have breast tissue so they can develop breast diseases just like women, even cancer. However, women are 100 times more at risk. Fewer than 1 in 100 cases (1%) of breast cancer are attributable to men and about 200 men in Canada are diagnosed with breast cancer each year.

<http://www.cancer.org/cancer/breastcancerinmen/detailedguide/breast-cancer-in-men-what-is-breast-cancer-in-men>

[http://www.cbcf.org/central/AboutBreastCancerMain/AboutBreastCancer/Pages/gender\\_men.aspx](http://www.cbcf.org/central/AboutBreastCancerMain/AboutBreastCancer/Pages/gender_men.aspx)