

# BREAST CANCER AWARENESS QUIZ

1

What is the most common type of breast cancer?

- ☐ Ductal carcinoma in situ (DCIS)
- ☐ Invasive ductal carcinoma (IDC)
- ☐ Inflammatory breast cancer (IBC)
- ☐ Triple-negative breast cancer (TNBC)

2

What is the age at which mammograms are most effective in identifying breast cancer at an early stage?

- ☐ Over 30
- ☐ Over 40
- ☐ Over 50
- ☐ Over 60

3

Approximately how many people are diagnosed with breast cancer in Australia each year?

- ☐ 5,000
- ☐ 10,000
- ☐ 15,000
- ☐ 20,000

4

What percentage of breast cancer cases are considered hereditary, caused by abnormal genes passed from parent to child?

- ☐ 5-10%
- ☐ 15-20%
- ☐ 25-30%
- ☐ 35-40%

5

Which of the following is a common symptom of breast cancer?

- ☐ A lump in the breast or underarm
- ☐ Nipple discharge or inversion
- ☐ Changes in the shape or size of the breast
- ☐ All of the above

6

What screening tool is commonly used to check abnormal results from a mammogram?

- ☐ MRI
- ☐ Ultrasound
- ☐ Biopsy
- ☐ CT scan



National  
Breast Cancer  
Foundation

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7

**True or False:** Regular exercise can help reduce the risk of breast cancer.

- ☐ True
- ☐ False

8

How often is it recommended for women aged 50-74 to have a mammogram in Australia?

- ☐ Every 6 months
- ☐ Every year
- ☐ Every 2 years
- ☐ Every 5 years

9

Which month is Breast Cancer Awareness Month?

- ☐ February
- ☐ May
- ☐ October
- ☐ December

10

What year was the inception of the National Breast Cancer Foundation?

- ☐ 1994
- ☐ 1984
- ☐ 1997
- ☐ 1991