

PINK RIBBON BREAKFAST

Supporting breast cancer research
to save lives.



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

At what age is it recommended for women in Australia to start regular mammograms?

- ☐ 30
- ☐ 40
- ☒ 50
- ☐ 60

3

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

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

4

What percentage of breast cancers are due to inherited gene mutations?

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

5

Which of the following is NOT a common symptom of breast cancer?

- ☐ A lump in the breast or underarm
- ☒ Persistent cough
- ☐ Changes in the shape or size of the breast
- ☐ Nipple discharge or inversion

6

What is the most effective screening tool for early detection of breast cancer?

- ☐ MRI
- ☒ Ultrasound
- ☐ Mammogram
- ☐ CT scan

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

- ☒ True
☐ False

8

Which diet is believed to lower the risk of breast cancer?

- ☐ High-fat diet
☒ Mediterranean diet
☐ High-sugar diet
☐ Low-fiber diet

9

Which month is Breast Cancer Awareness Month?

- ☐ February
☐ May
☒ October
☐ December

10

Which Australian state has the highest number of breast cancer cases diagnosed annually?

- ☒ New South Wales
☐ Victoria
☐ Queensland
☐ Western Australia

11

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