

# 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)

Read more info here: <https://nbcf.org.au/about-breast-cancer/diagnosis/invasive-ductal-carcinoma/>

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

Read more info here: <https://nbcf.org.au/about-breast-cancer/detection-and-awareness/mammograms/>

3

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

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

Read more info here: <https://nbcf.org.au/about-breast-cancer/breast-cancer-stats/>

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%

Read more info here: <https://nbcf.org.au/news/new-breast-cancer-predisposition-gene-identified/>

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

Read more info here: <https://nbcf.org.au/about-breast-cancer/detection-and-awareness/breast-cancer-symptoms/>

6

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

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

Read more info here: <https://nbcf.org.au/about-breast-cancer/detection-and-awareness/detection/>



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7

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

- ☒ True  
☐ False

Read more info here: <https://nbcf.org.au/fitness-and-its-impact-on-breast-cancer-treatment/>

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

Read more info here: <https://nbcf.org.au/about-breast-cancer/detection-and-awareness/mammograms/>

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