

Breast Cancer & You

WHAT YOU NEED TO KNOW


Do You Have Risk Factors?


- Being a woman
- Getting older
- Having an inherited mutation in the BRCA1 or BRCA2 breast cancer genes
- Having a previous biopsy showing hyperplasia
- Lobular carcinoma in situ
- A family history of breast cancer
- Having high breast density on a mammogram
- Being exposed to large amounts of radiation
- A personal history of breast or ovarian cancer
- Starting menopause after age 55
- Never having children
- Having your first child after age 35
- High bone density
- Being overweight after menopause or gaining weight as an adult
- Having more than one alcoholic drink per day
- Postmenopausal hormone use of estrogen or estrogen plus progestin
- Being younger than 12 at the time of your first period
- Current or recent use of birth control pills

Race & Breast Cancer

Within the U.S., breast cancer rates among women vary by race and ethnicity.

 **White women** have the highest incidence of breast cancer, while **American Indian** and **Alaskan Native women** have the lowest.

 Even though less **African American women** are diagnosed with breast cancer than **white women**, they are 39% more likely to die from the disease than are **white women**.

 Breast cancer is the most common form of cancer among **Hispanic women**, but their mortality rate from the disease is lower than that of **white** and **African American women**.

Breast Self-Awareness

1. Know Your Risk

- ▶ Know your family health history.
- ▶ Talk to your doctor about your personal risk of breast cancer.

2. Get Screened

- ▶ Ask your doctor which screening tests are right for you.
- ▶ Have a mammogram every year starting at age 40.
- ▶ Have a clinical breast exam at least every three years starting at age 20 and every year starting at age 40.

3. Know What Is Normal for You

- ▶ Lump, hard knot, or thickening inside the breast.
- ▶ Swelling, warmth, redness, or darkening of the breast.
- ▶ Change in the size or shape of the breast.
- ▶ Dimpling or puckering of the skin.
- ▶ Itchy, scaly sore or rash on the nipple.
- ▶ Pulling in of your nipple or other parts of the breast.
- ▶ Nipple discharge that starts suddenly.
- ▶ New pain in one spot that does not go away.

4. Make Healthy Lifestyle Choices

- ▶ Maintain a healthy weight.
- ▶ Add exercise into your routine.
- ▶ Limit alcohol intake.
- ▶ Limit postmenopausal hormone use.
- ▶ Breastfeed, if you can.

Women & Breast Cancer

230,480

new cases of invasive breast cancer will be diagnosed this year.

57,650

new cases of in situ breast cancer will be diagnosed this year.

39,520

women will die from the disease this year.

Men & Breast Cancer

2,140

new cases of breast cancer will be diagnosed this year.

450

men will die from the disease this year.

-Visit komen.org or call the Komen breast care helpline at 877-465-6636