



BREAST CANCER AWARENESS MONTH

Knowing it exists is not enough

Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

KNOWING YOUR BODY HELPS YOU TO:

- Make informed decisions.
- Have a better dialogue with your doctor.
- Be aware of anything unusual.

What Causes Breast Cancer Growth?

- Damaged cells replicate, creating more damaged cells and tumor growth.
- Our body's hormones and chemicals can accelerate the growth of some tumors.
- Lymph and blood vessels can carry the cancer to others areas of the body, and lymph node examination can help pinpoint the progression of the disease.

Did You Know

There are environmental and lifestyle risk factors of breast cancer. Most genetic risk factors can't be changed.



Genetic

GENDER

Breast cancer occurs nearly 100 times more often in women than in men.

AGE

Two out of three women with invasive cancer are diagnosed after age 55.

RACE

Breast cancer is diagnosed more often in caucasian women than women of other races.

FAMILY

If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future.

Environmental

LACK OF PHYSICAL ACTIVITY

A sedentary lifestyle with little physical activity can increase your risk for breast cancer.

POOR DIET

A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.

BEING OVERWEIGHT

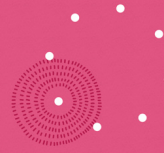
Being overweight or obese can increase your risk for breast cancer. Your risk is increased if you have already gone through menopause.

BEERED ALCOHOL

Frequent consumption of alcohol can increase your risk. The more alcohol you consume, the greater the risk.

The Facts

One in eight women will be diagnosed with breast cancer in their lifetime.



Breast cancer is the **most commonly diagnosed cancer** in women.



Breast cancer is the **second leading cause of death** among women.



Death rates from breast cancer have been declining since about 1990

In part due to better screening and early detection, increased awareness, and continually improving treatment options.

Breast Cancer Myths



FINDING A LUMP IN YOUR BREAST MEANS YOU HAVE BREAST CANCER.

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored.



IF YOU HAVE A FAMILY HISTORY OF BREAST CANCER, YOU ARE LIKELY TO DEVELOP BREAST CANCER, TOO.

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.



Stay Informed.
Stay Healthy.