

Controlling your risk: Breast Cancer Facts

1 in 8 American women is affected by breast cancer within her lifetime. You can lower your risk.

Your risk increases ...



- with a family history of breast cancer.
- after age 40.
- if menses began before age 12.
- if your first pregnancy occurred after age 30 or you never have been pregnant.
- if menopause started after age 54.
- with poor diet, lack of exercise, or drinking too much alcohol.

Breast mammography ...

- may save your life and preserve your health.
- can find cancer earlier.
- may prevent a quarter of all breast cancer deaths.
- may mean a smaller surgery (lumpectomy instead of mastectomy) or less need for radiation or chemotherapy after surgery.
- may be recommended yearly after age 40, in addition to self and clinical breast exams.
- is important for you to discuss with your medical provider.

BSE - Breast Self Exam may have value in addition to mammograms. Check your breasts at the same time every month. Check for...

- lumps,
- dimples or other skin changes,
- unexplained soreness, or
- discharge from your nipples.

Talk with your provider, within 1 month or sooner, if you find an unexplained breast change.



CBE - Clinical Breast Exam is recommended for women every 3 years from ages 20 to 39 and yearly after the age of 40.

Lifestyle matters lower your risk...

Eat more vegetables and fruits. Eat less saturated, trans- and hydrogenated fats.



Limit alcohol to no more than 1 drink daily.

Binge drinking is not a good idea.



Walk or perform other physical activity for at least 150 minutes every week.