

Breast Cancer Awareness

Risk Factors



Alcohol



Obesity



Sedentary lifestyle



Having children after 30 or not having children at all



Not breast feeding



Hormone replacements



Birth control



Having dense breasts



Getting older (more common after age 50)

High Risk Factors



Family or personal history of breast or ovarian cancer



Inherited changes to BRCA1 or BRCA 2 genes



Radiation therapy to the chest between 10 and 30 years of age

Controlling Risks



How to Potentially Reduce Your Risk

- ◆ Avoid alcohol—alcohol can increase your risk by 7-20% depending on how much you drink per day
- ◆ Maintain a healthy weight—obesity, especially after menopause, can increase risk
- ◆ Exercise regularly

Clinical breast exams, self-breast awareness, and risk assessments are all important exams in knowing your body and your risks



Screening Guidelines

- ◆ Annual breast screenings with a mammogram are done for those born female
- ◆ Women at average risk should begin talking with their doctor about starting annual screenings at age 40. Women at increased risk may begin screening mammograms as early as age 30
- ◆ Sometimes breast MRI scans may be used for screening for people who have a higher risk for breast cancer

#2

Breast cancer is the second most common type of cancer in women next to skin cancer.

Warning Signs

- ◆ New lump in the breast or armpit
- ◆ Swelling or thickening of breast tissue
- ◆ Irritation or dimpling of breast skin
- ◆ Pain in any areas of the breast
- ◆ Nipple discharge that is not breast milk
- ◆ Red flaky skin near or around the nipple
- ◆ Changes in size or shape

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