

learn: Breast Cancer Facts

do you know the facts?

- Breast cancer is the second most common cancer in women, after skin cancer.
- Breast cancer rates are dropping
- Finding and treating breast cancer early greatly increases your chances of surviving it.
- Cancer treatment options are changing almost every day.

what increases my risk?

Know the facts about your personal risk for developing breast cancer. While some risks, such as family history, can't be changed, other risk factors, such as the amount of alcohol you drink, can be. Check the list below and ask your health care professional for guidance.

- Older age; breast cancer risk increases with age
- Personal or family history of breast cancer
- Never having children or having your first child after age 30
- Long menstrual history (starting periods at an early age and ending at an older age)
- Not breastfeeding
- Drinking alcohol excessively
- Being significantly overweight
- Dense breast tissue

breast cancer screening guidelines

Screening Type	Age	How Often
Mammogram	40+	Every year
Breast Exam by a Health Care Professional	20 – 39 40 and older	Every 3 years Every year
Breast Self-Exam	20+	Periodically

finding answers

American Cancer Society
1-800-227-2345
www.cancer.org
Breastcancer.org
www.breastcancer.org

National Women's Health Resource Center
1-877-986-9472
www.healthyywomen.org