

Breast cancer is the 2nd most common cancer among women, second only to skin cancer. Finding breast cancer early is critical, because when it is, it's much easier to treat successfully.

Who is at risk?

Breast cancer is most common in women over the age of 50. However, younger women can also develop it; and approximately 0.5-1.0% of breast cancers occur in men.

Your medical provider can help you to assess your risk level by discussing factors like family history, your personal medical history and your lifestyle; and can identify the types of screenings you need to monitor your breast health.

**fight
cancer.**



You **CAN** reduce your risk of breast cancer by:

- Maintaining a healthy weight;
- Staying physically active;
- Avoiding drinking alcohol regularly/frequently.

Do a monthly breast self-exam,* and know these signs:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Pulling in of the nipple
- Nipple discharge other than milk, e.g., blood
- Irritation, or dimpling, of breast skin
- Red or flaky skin, anywhere on the breast
- Any change in the breast's size or shape
- Pain in the breast

*These symptoms can be present with conditions that are **not** cancer.*

If you notice any of these symptoms, call your health care provider right away.

*40% of diagnosed breast cancers are detected by women who feel a lump.

Learn how to do a self-exam at www.nationalbreastcancer.org/breast-self-exam/ or use this QRC —>

