

# Breast Cancer Awareness

An estimated one in eight women will be diagnosed with breast cancer in their lifetimes.\* Breast cancer can occur at an age, but certain factors make it more likely to occur.

Risks include:

- ▶ A family history of breast cancer, particularly in a mother, sister, or daughter
- ▶ Onset of menstruation before the age of 12
- ▶ Never having had a child or giving birth to a first child after age 30
- ▶ A previous biopsy that included premalignant cells in the breast, a previous occurrence of breast cancer, or prior radiation treatment to the chest
- ▶ A history of ovarian, colon, or endometrial cancer
- ▶ Excess alcohol (for women, no more than one drink per day is recommended)
- ▶ Obesity
- ▶ Being 50 years of age or older

Early detection is one of the best tools for surviving breast cancer. Many medical experts recommend the following schedule:

- ▶ A monthly breast self-examination.

\*While breast cancer can occur in men, it is extremely rare.



- ▶ An annual clinical breast examination performed by a physician. If a lump or anomaly is found during breast self-examination, it should also be checked by a physician.
- ▶ An annual screening mammogram beginning around age 40. If there is a family history of breast cancer, a physician may recommend starting mammograms at an earlier age.

Regular screening is the best way to detect cancer early. In addition, eating right, exercising, and managing stress are good ways to minimize your cancer risks.

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Source: Well Advised Library Health Ink and Vitality Communications

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