# Breast Cancer Screening

## Facts & Tips

- **98%** of breast cancer patients survive when diagnosed early.
- **85%** of breast cancers occur in women with no family history.
- The #2 cause of cancer death in women.
- Beginning at age 40, women should talk to their doctor about when to start mammograms.

## EARLY DETECTION

**Get a mammogram!**

## Risk Factors

<table>
<thead>
<tr>
<th>Gender</th>
<th>Being a woman is the #1 risk factor, but men get breast cancer too.</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
<td>Incidence increases with age.</td>
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<tr>
<td>Family</td>
<td>Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer.</td>
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<tr>
<td>Ethnicity</td>
<td>Leading cause of cancer death for Hispanic women. More common in African American women under age 45.</td>
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<tr>
<td>Genetics</td>
<td>5–10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2.</td>
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</tbody>
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## Health & Lifestyle

- **Maintain a healthy weight**
- **Exercise 30 minutes daily**
- **Eat fruit, veggies and whole grains**
- **Limit alcohol consumption**
- **Avoid smoking**

Making healthy lifestyle choices are associated with lower cancer incidence.

Sources: American Cancer Society – Facts + Figures, Center for Disease Control

(443) 758-1924 • touchbbca.org • info@touchbbca.org