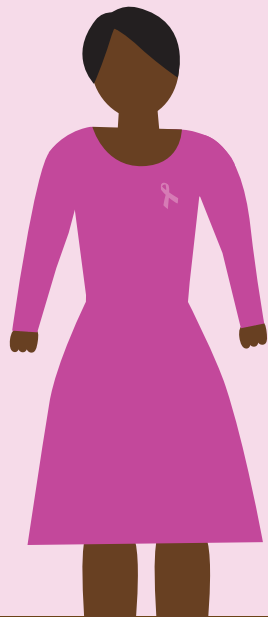


# Breast Cancer Screening

# Facts & Tips



Talk to your doctor about mammograms



98%

98% of breast cancer patients survive when diagnosed early.

85%

85% of breast cancers occur in women with no family history.

#2

The #2 cause of cancer death in women.

40

Beginning at age 40, women should talk to their doctor about when to start mammograms.

## EARLY DETECTION Get a mammogram!

### RISK FACTORS

### HEALTH & LIFESTYLE

#### Gender

Being a woman is the #1 risk factor, but men get breast cancer too.



Maintain a healthy weight



Exercise 30 minutes daily

#### Age

Incidence increases with age.



Eat fruit, veggies and whole grains



Limit alcohol consumption

#### Family

Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer.



Avoid smoking

#### Ethnicity

Leading cause of cancer death for Hispanic women. More common in African American women under age 45.

Making healthy lifestyle choices are associated with lower cancer incidence.

#### Genetics

5–10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2.

