

# Breast Basics

What you need to know about the most common cancer in women worldwide.

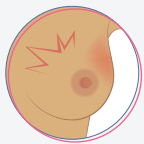


**1 IN 8** AMERICAN WOMEN WILL DEVELOP INVASIVE BREAST CANCER IN THEIR LIFETIME.

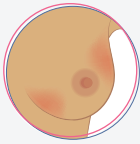
**EVERY 2 MINUTES** someone in the U.S. is diagnosed with breast cancer; more than **90%** will become survivors.

## 6 SYMPTOMS

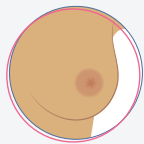
to have checked (that aren't a lump):



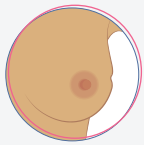
Breast Pain



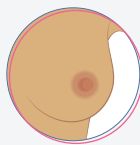
Breast Swelling



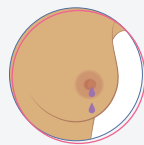
Nipple Abnormalities



Skin Irritation or Dimpling



Thickening of Nipple or Skin

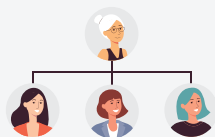


Nipple Discharge

Know the geography of your breasts. When doing your breast self-exam, look for a change from one month to the next.

Source: ACS

**85%**



of women who are diagnosed with breast cancer **do not have any family history of the disease.** Schedule your mammograms and complete your monthly self-exam, even if cancer doesn't run in your family.

## RISK FACTORS

you can control:



Reduce alcohol consumption



Stop smoking



Maintain a healthy weight



Get regular, quality sleep



Maintain a healthy diet



Stay active

There's no strong scientific evidence to suggest that any of the following are potentially dangerous:

- ✓ Bras
- ✓ Hair Dyes
- ✓ Antiperspirants



**LOWER YOUR RISK BY 18%**

by walking briskly 75 to 150 minutes per week.

Source: ACS

**1 ALCOHOLIC DRINK**

per day **increases** your risk by about **7%...**

**2-3 ALCOHOLIC DRINKS**

per day increases your risk by **20%.**

Source: Susan G. Komen Breast Cancer Foundation

