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

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.

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.

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.

1 alcoholic drink per day increases your risk by at least 5%...
2-3 alcoholic drinks takes your risk up to 20%.

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