

# 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

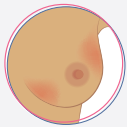
someone in the U.S. is diagnosed with breast cancer; more than **90%** will become survivors.

## 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

## 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

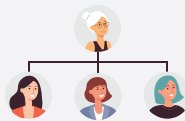
## LOWER YOUR RISK BY 18%

by walking briskly 75 to 150 minutes per week.

Source: ACS



# 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%**.