

## Fast Facts Breast Cancer

- **20,000+** women diagnosed YEARLY
- **40,000+** women die YEARLY
- < 1 % occur in MEN
- 10% of cases found in women YOUNGER than 45 years old
- **FAMILY HISTORY = HIGH RISK**
- **ASHKENAZI JEW = HIGH RISK**
- **BREAST CANCER GENES= HIGH RISK**

### Prevention?

- BREAST SELF AWARENESS
- If you are 50-74 years old, have a **SCREENING MAMMOGRAM** at least every **two** years
- If you are 40-49 years old, talk to your doctor

Sources: CDC

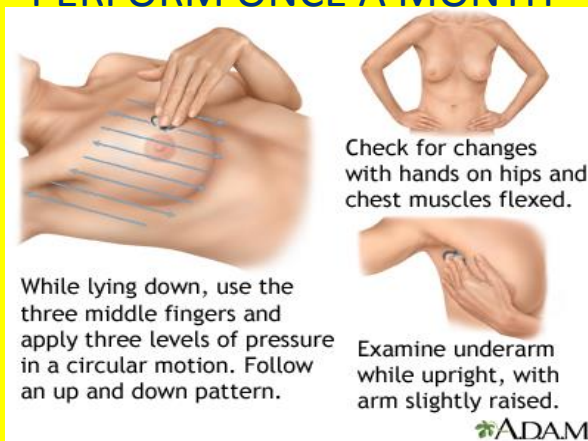
# Breast Cancer Awareness

## KNOW YOURSELF

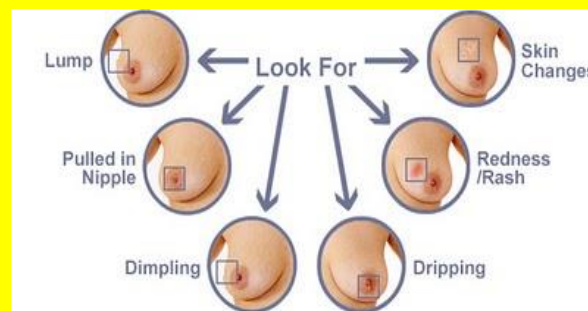


Source: theheartysoul.com

### PERFORM ONCE A MONTH



Source: lutheranhealthcare.com



Source: jeffreysterlingmd.com

### Prevention?

- Keep a Healthy Weight
- Exercise regularly
- One alcoholic drink per day
- Limit exposure to radiation
- Breastfeed, if possible

### Signs & Symptoms?

- Some have NO SYMPTOMS
- Lump in **breast or underarm**
- Change in size/shape of breast
- Pain in breast area

### Treatment?

It depends on the kind of breast cancer & how far it has spread.

- Surgery
- Chemotherapy
- Radiation Therapy
- Hormonal Therapy
- Biological Therapy

Sources: CDC