

Breast Health

Breast Cancer: Understanding Your Risk

Have you ever wondered about your real risk of breast cancer? Studies have

shown that many women don't know they may be at increased risk for breast

cancer because of family history, age, etc., and so do not seek out the early-

detection measures they should. On the other hand, there are women who

are aware they may be at increased risk, but who don't know where or how

to get the support they need to relieve their fears. If you think you may be at

CANADIAN CANCER SOCIETY

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Pick up your FREE Breast Self Examination Card.



What are the risk factors for breast cancer?

increased risk, talk to your doctor.

Remember, 75-80% of all breast cancers occur in women with no risk factors other than being a woman.

Major Risk Factors:

- being a woman
- increasing age, especially in women over 50
- previous breast cancer
- strong family history of breast cancer (mother, sister, daughter)

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Minor Risk Factors:

These factors are linked with only a modest increase in risk.

- reproductive factors like age at menarche and menopause,
 age of first pregnancy, hormone use
- diet or obesity
- · alcohol
- some forms of benign breast disease

TAKE CARE - BE AWARE

Take responsibility for your own Breast Health

- Get a mammogram every two years if you are 50 or over
- Do Breast Self-Examination (BSE) every month
- · Have your breast checked by a health professional every year

Cancer Information Service Service d'information sur le cancer

Canadian Cancer Society

Georgetown 877-1124

Acton 853-1424

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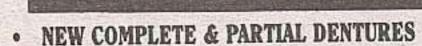
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