



## Breast Cancer Awareness

self-exams save lives

### Take responsibility for your own Breast Health

- Get a mammogram every two years
- **Do Breast Self-Examination (BSE) every month**
- Have your breast checked by a health professional every year

### 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 increased risk, talk to your doctor.

#### What are the risk factors for breast cancer?

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

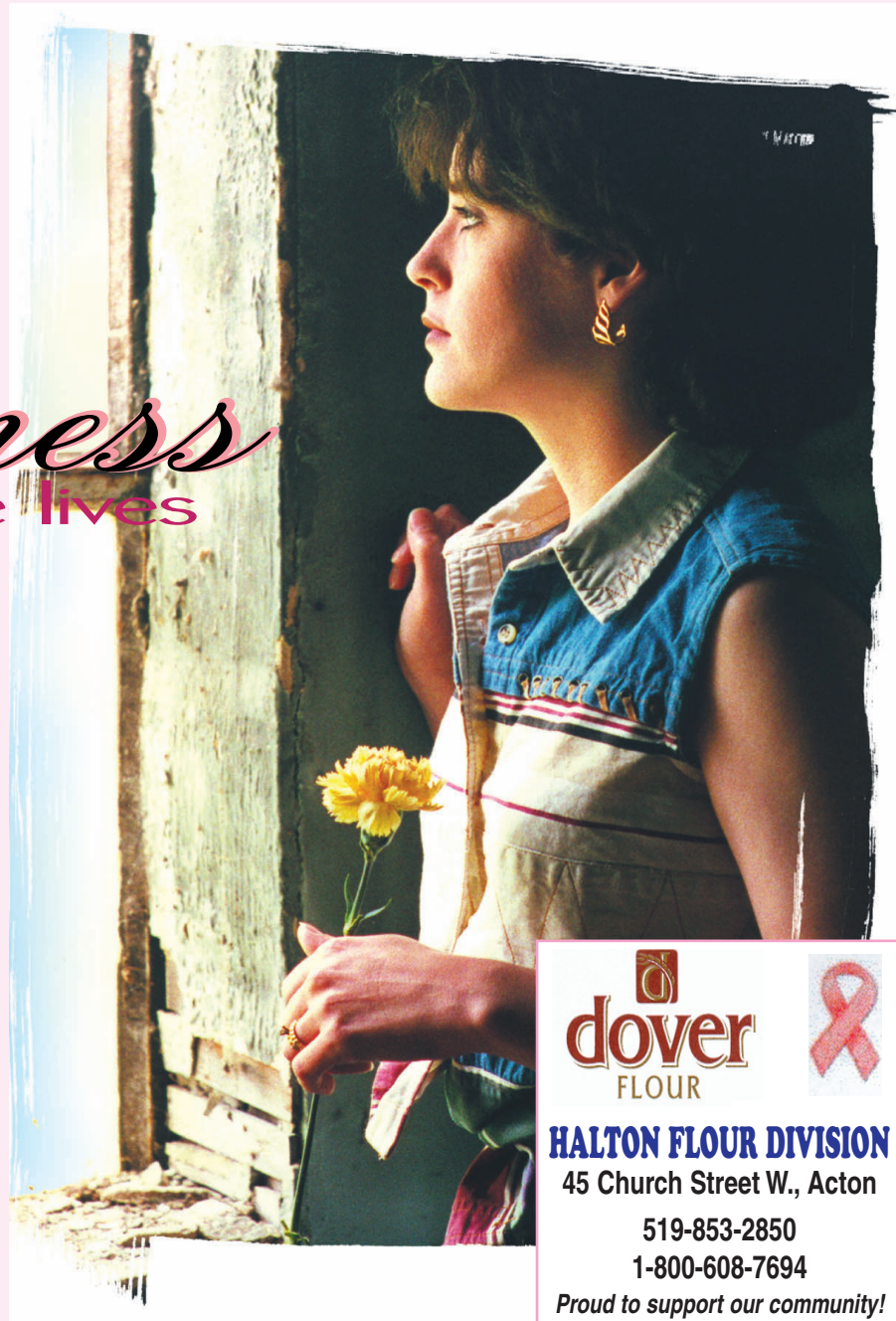
#### Major Risk Factors:

- being a woman
- increasing age
- previous breast cancer
- strong family history of breast cancer (mother, sister, daughter)

#### 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




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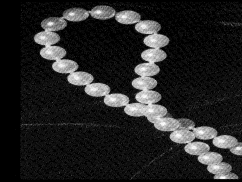


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