SUSAN G. KOMEN FOR THE CURE®

Breast Health
Learn the Facts

1-877 GO KOMEN (1-877-465-6636)

www.komen.org

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Am I at Risk for Breast Cancer?

- ❑ I am a woman
- ❑ I am getting older

If you checked these boxes, you are at risk of getting breast cancer.

You may have heard about other risk factors, such as having someone in your family with breast cancer or having an inherited breast cancer gene mutation.

But the truth is: *Most* women with breast cancer don't have these or other risk factors. Their only risks are being a woman and getting older. That's why it's important to learn what you can do.

Fact One:

Breast cancer is the most common cancer among Hispanic women.

"No one in my family has had breast cancer, so I didn't think I had to worry about it. I was wrong."

What Can I Do?

1. Know your risk

- ❑ Talk to your family about your family health history
- ❑ Talk to your doctor about your personal risk of breast cancer

2. Get screened

- ❑ Ask your doctor which screening tests are right for you if you are at higher risk
- ❑ Have a mammogram every year starting at age 40 if you are at average risk
- ❑ Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

- ❑ Learn how your breasts normally look and feel

4. Make healthy lifestyle choices that may reduce your risk of breast cancer, such as:

- ❑ Maintaining a healthy weight
- ❑ Adding exercise into your routine
- ❑ Limiting alcohol intake

1. Know Your Risk

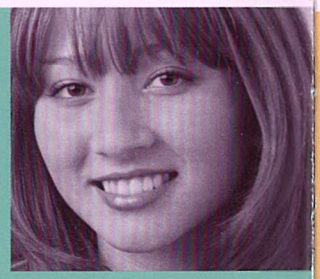
So far, researchers know of more than 20 factors that increase the risk of breast cancer. Some of these risk factors increase risk a great deal. Others increase risk by only a small amount. Yet, we still don't know what causes breast cancer to develop. It's likely a combination of risk factors, many of which are still unknown.

That is why it is so important that all women know their family medical history and understand their personal risk of breast cancer.

Fact Two:

If you know your risk of breast cancer, you can do things that may reduce your risk.

"I talk to my parents about what health conditions affect our family; that way I can take steps to protect my health."



2. Get Screened

- ❑ Ask your doctor which screening tests are right for you if you are at higher risk.

Mammogram

A mammogram is an X-ray of the breast. It is the best test we have today for finding breast cancer. It can find breast cancer when it is very small, even too small to feel.

- ❑ Have a mammogram every year starting at age 40 if you are at average risk

Clinical Breast Exam

A clinical breast exam is done by your doctor or nurse in an office or clinic. He or she will look at and feel your breast and under your arms to look for breast cancer. Sometimes breast cancer can be felt, but not seen on a mammogram.

- ❑ Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

Fact Three:

You can have tests that find breast cancer early.

"I was worried that a mammogram would hurt, but it wasn't bad at all. My breast cancer was found on a mammogram when it was very small. I know how important mammograms are!"

3. Know What is Normal for You

Learn how your breasts normally look and feel. The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see.

If you notice any of these breast changes, see your health care provider right away:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Fact Four:

Talk to your doctor about any changes you notice in your breasts.

"I was worried that the lump I found was breast cancer, so my doctor recommended I get a mammogram. I am so relieved now, because it turns out it was a benign cyst!"

4. Make Healthy Lifestyle Choices that May Reduce Your Risk of Breast Cancer

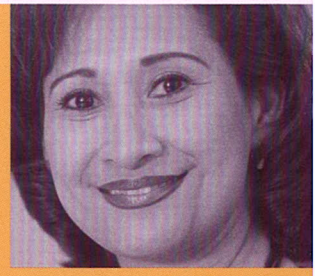
You can do things that are good for your health that might lower your risk for breast cancer:

- ❑ Maintain a healthy weight
- ❑ Eat fruits, vegetables and grains
- ❑ Exercise
- ❑ Limit alcohol intake
- ❑ Choose to breastfeed your children if possible

Fact Five:

It's never too late to adopt healthy behaviors.

"I feel good about myself after I walk for 30 minutes a day. Plus I know exercise may lower my risk of getting breast cancer."



Remember the Facts

1. All women are at risk of getting breast cancer.

2. If you know your risk of breast cancer, you can do things that may reduce your risk.

3. You can have tests that can find breast cancer early.

4. Talk to your doctor about any changes you notice in your breasts.

5. It's never too late to adopt healthy behaviors.

For more information about breast health or breast cancer, call our Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) or visit our website at www.komen.org

Susan G. Komen for the Cure does not provide medical advice.