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. Source: ACS

EVERY 2 MINUTES someone in the U.S. is diagnosed with breast cancer; more than 90% will become survivors. Source: Breast Cancer Research Foundation

RISK FACTORS
You can control

- WEIGHT
- ALCOHOL
- LACK OF EXERCISE
- SMOKING
- DIET

1 ALCOHOLIC DRINK per day increases your risk by at least 5%
2-3 ALCOHOLIC DRINKS takes your risk up to 20%

Source: American Institute of Cancer Research; ACS

6 SYMPTOMS to have checked (that aren’t a lump)

- BREAST PAIN
- BREAST SWELLING
- NIPPLE ABNORMALITIES
- SKIN IRRITATION OR DIMPLES
- 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

85% of women who are diagnosed with breast cancer do not have any family history of the disease. Don’t blow off mammograms and your monthly self-exam just because cancer doesn’t run in your family. Source: ACS

75 TO 150 MINUTES (or 1.25 to 2.5 hours) How much time per week you need to walk briskly to lower your risk by 18%. Source: Fred Hutchinson Cancer Research Center

THERE’S NO STRONG SCIENTIFIC EVIDENCE TO SUGGEST THAT ANY OF THE FOLLOWING ARE POTENTIALLY DANGEROUS:

- BRAS
- HAIR DYES
- ANTIPERSPIRANTS

Source: American Cancer Society (ACS)