

# BREAST BASICS

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



## 6 SYMPTOMS

to have checked (that aren't a lump)



BREAST PAIN



BREAST SWELLING



NIPPLE ABNORMALITIES



SKIN IRRITATION OR DIMPLING



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

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)

## 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

Source: Breast Cancer Research Foundation

**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

# 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