



Brought to you by the Holy Family Health Ministry

How much do you really know about Breast Cancer?

LEARN WITH US DURING
BREAST CANCER
AWARENESS MONTH



NUMBERS AND FACTS



1 in 8 women
will be diagnosed
with breast
cancer



Every 2 minutes
a case of breast
cancer is
diagnosed



Breast cancer is
the most common
cancer for women
in USA



Every 13 minutes
woman dies of
breast cancer
in USA

HOW TO REDUCE RISK



Do regular exercise



Don't smoke



Drink less
alcohol



Do an annual
mammogram

THERE IS A HOPE



2.9 million female
survivors live in USA



If breast cancer found early,
confined to breast, the 5-year
survival rate is 99%

Where Breast Cancer starts



- Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers)
- Some start in the glands that make breast milk (lobular cancers)
- A small number of cancers start in other tissues in the breast.



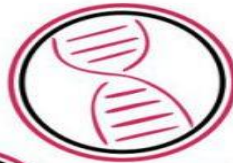
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Increased risks

GENDER
Being female



BREAST DENSITY
High-density breasts



GENETICS
Inherited DNA changes in genes



FAMILY HISTORY
Mother, sister, daughter has had breast cancer



AGE
Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Who should receive preventative screenings?



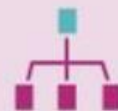
Women should begin regular breast self-exams starting in their 20s.



Starting at age 50, all women should receive a mammography screening at least once every two years until age 74.



Approximately 11% of new breast cancer cases are discovered in women under age 45.



Women with a family history of breast cancer, certain health conditions, or an increased risk of mutations in genes BRCA1 or BRCA2 should talk to a doctor about starting mammography screenings early.



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Awareness Month



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