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## Breast Cancer: What You Need to Know



1 in 8 women will be diagnosed with breast cancer

Breast cancer affects women of all races

85% of those with breast cancer have no family history of the disease.

### Some Risks Factors for Breast Cancer

High Risk	Low-Moderate Risk
Family History	No Children or Late pregnancy
Personal History	Early Period or Late Menopause
Dense Breast Tissue	History of Ovarian Cancer
Known BRCA Gene Mutation	Alcohol Consumption

Less than 25% of persons with breast cancer have positive high-risk factors

### Ways You Can Reduce Your Risk



Eat a healthy diet



Exercise regularly



Maintain a healthy weight

*Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. 3 John 1:2*





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### Ways You Can Reduce Your Risk



**Breastfeed**



**Avoid smoking**

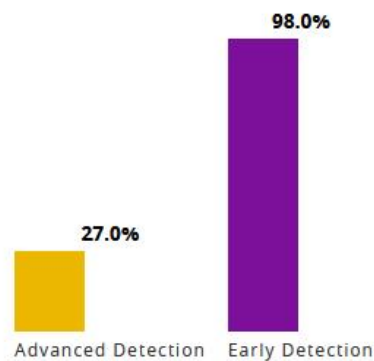


**Limit alcohol consumption**

### Screening is the Key to Prevention



**Begin having annual mammograms at age 40.**



Survival rate by detection. Early detection leads to higher survival rates.

### Men get breast cancer too!

- This year, an estimated 2,470 men in the United States will be diagnosed with breast cancer.
- Black men have the highest incidence rates (2.7 out of every 100,000 men), followed by white men (1.9 out of every 100,000 men).

**Support the fight against breast cancer. Wear pink the weekend of October 29-30!** 

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