

BEATING BREAST CANCER Through Early Diagnosis

BREAST CANCER BY THE NUMBERS

~264,000

women are diagnosed with breast cancer annually



~42,000

women die of breast cancer each year



98% are still alive **5 years**

after diagnosis when the cancer is caught in an early stage



RISK FACTORS FOR BREAST CANCER



AGE: Being older than 50

GENETICS: A family history of breast or ovarian cancer



EXERCISE: Not being physically active

HORMONES: Taking them for >5 years during menopause



BREAST TYPE: Having dense breasts

LIFESTYLE: Drinking alcohol



Ask your health care provider about *your personal risk factors* and if you should start getting mammograms at age 45 or 50.

3 FAST FACTS ABOUT MAMMOGRAMS



1. A mammogram is a low-dose X-ray that looks at your breast tissue for any abnormalities that can't be felt.



2. A screening mammogram takes about 20 minutes. You may feel squeezing or pinching, but it only lasts for a few seconds.

3. You have the greatest chance at survival if breast cancer is found early. Mammograms are the best tool for early detection of cancer that can't be seen or felt.



Experts have different recommendations about how often to get mammograms. Talk with your health care provider about *the best screening schedule for you.*