Beating Breast Cancer
THROUGH EARLY DIAGNOSIS

Breast Cancer BY THE NUMBERS

~322,000
women will be diagnosed with breast cancer in 2026

~42,000
women die of breast cancer each year

92%
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 some forms during menopause
- **BREAST TYPE:** Having dense breasts
- **LIFESTYLE:** Drinking alcohol

Ask your doctor about **your personal risk factors** and when you should start getting mammograms.

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 seen or 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 and treated early.

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