

# Breast cancer

# 2<sup>nd</sup>

leading  
cause of  
cancer death  
for women

## Over 40?

It's time for  
a screening.



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# Breast cancer screenings can save your life.

Protect your health by  
keeping up with your care.



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## What is breast cancer?

Breast cancer is the abnormal growth of cells (tumor) in the breast. It is the second-leading cause of cancer-related death for women.

## Know your risk

Anyone can get breast cancer. Although more common in women, men can get it too.

### Risk factors you can't change:

- Age and race.
- Dense breast tissue.
- Menstruation before age 12.
- Menopause after age 55.

### Risk factors you can change:

- Being overweight.
- Lack of physical activity.
- Using oral contraceptives (birth control pills).
- Hormone replacement therapy during menopause.

You may also have a higher risk if you have a history of:

- Breast cancer in the family.
- Non-cancer breast disease.
- Genetic mutations (BRCA1, BRCA2).
- Radiation therapy to the breast or chest.
- Pregnancy at a later age or never having children.

## Stay on track with screenings

Your first line of defense is a monthly self-breast exam. Look out for changes like lumps, pain or swelling, nipple discharge, or dimpling. Call your doctor right away if you notice any of these symptoms.

Your doctor can perform screenings that detect changes in the breast before you have symptoms, so it's important to schedule regular exams even if everything seems fine.

## Screening guidelines

### Breast self-exam

#### Looking at and feeling the breast for any changes

Once a month

### Clinical breast exam

#### Manual exam by your health care provider

Age 20–39: Every 1–3 years

Age 40 and older: Every year

### Mammogram (2D or 3D)

#### X-ray of each breast

Age 40 and older: Every year

Your doctor may recommend starting sooner based on your personal health and family history.

These are general guidelines.

Talk to your doctor and follow their recommendations.

## Schedule a mammogram today.

It can save your life.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_