



## OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer diagnosed among U.S. women accounting for more than 1 in 4 cancers.

Breast cancer is the second leading cause of cancer death in women, after lung cancer.

One out of eight women who live to be 85 years of age or older will develop breast cancer.

### RISK FACTORS

The greatest risk factor is being a woman. Other risk factors are: Genetics, Obesity, The use of hormone replacement, Use of birth control pills, Alcohol use and Woman who have never had children.

### SYMPTOMS

Lump in your breast, Change in the size or shape of your breast, Discharge from your nipple.

### PREVENTION

Women age 40 and older should have mammogram screenings yearly. Breast self exams should start around age 20. In doing self breast exams woman are able to know what breast tissue feels like and detect abnormalities.

