

BREAST CANCER BASICS

Breast cancer is a collection of abnormal breast cells that are growing uncontrollably and invading healthy tissue. It usually begins as a tumor, which is a group of abnormal cells that grow and divide more quickly than they should and don't die when they should.

1 in 8 
WOMEN in the U.S.
will develop **breast cancer** in her lifetime

More than
250,000
women under 40 in the U.S.
LIVE WITH A BREAST CANCER DIAGNOSIS 



Breast cancer is
diagnosed **2** every
MINUTES

INCIDENCE OF BREAST CANCER PER 100,000 BY RACE

127.9	124.4	96.3	92.1	82.0
White	African American	Asian/ Pacific Islander	Hispanic	American Indian/ Alaska Native

42% higher
breast cancer mortality rates in African
American women than white women 

but there is hope...

with **early** detection there is a

98%

survival
rate

Know the RISKS



GENDER
Being female



FAMILY HISTORY
Mother, father, sister,
or daughter has had
breast cancer



AGE
Getting older



GENETICS
Inherited DNA
changes in genes
from mother or father



BREAST DENSITY
High density
breasts

Don't wait...START NOW!

EXERCISE

10-19 hours per week
can lower risk up to
30%.

KNOW THE SIGNS

Be aware of what's normal
for you and tell your doctor
about any changes.

BE YOUR OWN ADVOCATE

Create a prevention and
treatment plan with your
doctor that focuses on
your needs.

LIMIT ALCOHOL USE

Alcohol can increase
estrogen which can
increase risk.



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