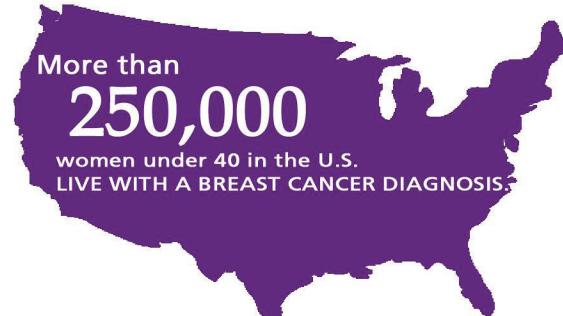


BREAST CANCER BASICS

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.



Breast cancer is
diagnosed **2** every
MINUTES

INCIDENCE OF BREAST CANCER PER 100,000 BY RACE

| | | | | |
|----------------|---------------------------|---------------------------------|------------------|--|
| 127.9 White | 124.4 African American | 96.3 Asian/ Pacific Islander | 92.1 Hispanic | 82.0 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!

KNOW THE SIGNS

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

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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