

# OCTOBER Breast Cancer Awareness Month

Breast cancer is the most common cancer among women worldwide and 30% of all new female cancers detected each year in the US, according to the American Cancer Society. 1 in 8 women in the USA will be diagnosed with breast cancer in her lifetime.

However, advances in early detection and treatment methods have significantly increased breast cancer survival rates. Early detection is key; When caught in its earliest, localized stages, the 5-year relative survival rate for breast cancer is 99%. It's important to do regular self-exams, and to see your doctor for regular checkups and mammograms.

Below are some of the ways you can prevent breast cancer, followed by signs and symptoms of breast cancer. The presence of one or more of these do not automatically mean that you have breast cancer. However, if you notice these or other abnormalities in your breast, visit a healthcare professional.

## Breast Cancer Prevention



**Limit  
Alcohol**



**Don't  
Smoke**



**Exercise  
Regularly**



**Healthy  
Diet**



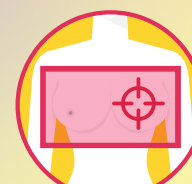
**Healthy  
Weight**



**Breastfeed  
if Able**

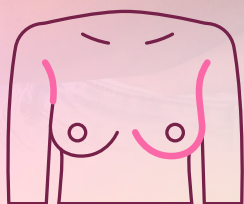


**Avoid  
Hormone Therapy**

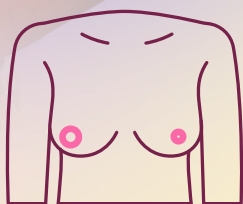


**Annual  
Mammogram**

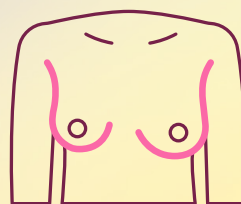
## Watch Out for these Signs & Symptoms



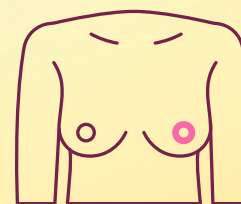
Constant **pain** in the breast  
or your armpit



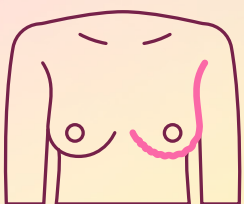
A nipple becoming **inverted**  
(pulled in) or **changing its**  
**position** or shape



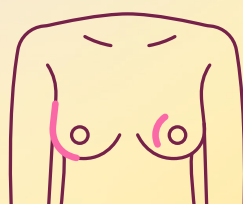
A difference in **shape**  
or **size**



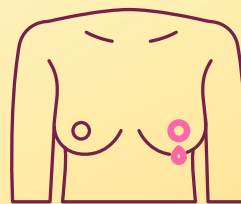
**Rash** or **redness** around  
the nipple on the skin



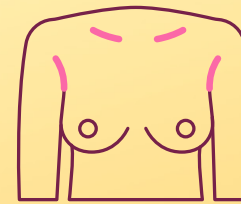
A change in **skin texture**  
(puckering or dimpling)



A **lump** or **thickening**  
that feels different from the  
rest of the breast tissue



**Discharge (liquid)** comes from  
the nipple without squeezing



A **swelling** in your armpit  
or around your collarbone





## Did You Know...

On average, every  
**2 minutes**

a woman is diagnosed with breast cancer in the United States.

(American Cancer Society)

Women who receive regular screenings for breast cancer have a

**26% lower**

breast cancer death rate than women who do not receive screenings.

(National Institutes of Health)

Approximately

**64%**

of breast cancer cases are diagnosed at a localized stage, before cancer has spread outside of the breast, when it is easiest to treat.

(National Cancer Institute)

The risk of breast cancer increases with age. Most breast cancers are diagnosed in women over the age of

**50**

(National Breast Cancer Foundation)

Breast cancer is the  
**2nd**

leading cause of death from cancer among women in the United States.

(National Breast Cancer Foundation)

## MYTHS VS FACTS

### MYTH

Breast cancer is more common in women with bigger breasts.

### FACT

There is no connection between breast size and cancer risk. (However, obesity and breast density can both increase risk.)

### MYTH

A mammogram can cause or spread breast cancer.

### FACT

Breast compression while getting a mammogram cannot cause cancer nor does it spread it.

### MYTH

A breast injury can cause breast cancer.

### FACT

Injuries to the breast do not cause cancer.