



Breast Cancer Awareness

1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME.

That is a bold statement but is very true.

40% of breast cancers are detected by women who feel a lump when doing monthly breast exams. By performing monthly breast self exams you will be able to easily identify any changes in your breast. Your hands/mind will know what it is feeling, normal or abnormal, from month to month. The presence of a lump or bump does not automatically mean that you have breast cancer, but this should be investigated by your physician.

Women who do not have symptoms or risk factors for breast cancer should still do breast self exams and have regularly scheduled mammograms. When breast cancer is detected early, in the localized stage, the 5 year survival rate is 98%. Having an early detection plan is the key. Follow your healthcare provider's recommendations. Some things you can do to help reduce your risk of breast cancer:

1. Perform monthly self breast exams/get a mammogram regularly
2. Maintain a healthy weight/eat healthy
3. Stay physically active
4. Do not smoke/limit alcohol consumption