



# Breast Cancer Awareness

In the United States, there were 239,612 cases of breast cancer reported in 2020. It is the leading diagnosed cancer among women, and the second deadliest form of cancer, after lung cancer, affecting women.

## Facts About Breast Cancer

- Women age 62 and younger at risk for being diagnosed with breast cancer
- Women ages 40-44 can begin annual breast cancer screenings with imaging
- Genetic and environmental factors can be attributed to breast cancer diagnosis
- Women younger than 40 can be diagnosed with breast cancer
- In the U.S., <1% of men are diagnosed with breast cancer

## Breast Self-Awareness

- Know Your Body
  - Take note of changes in your breasts that may require further evaluation from your provider
    - Lumps, bruising, redness, darkening
    - Changes in skin texture
      - Itching
      - Rash
    - Unexplained discharge from the nipple
- Know Your Risk
  - Become familiar with your family medical history
- Schedule Screenings
  - Recommended annually for women of all ages
- Adopt A Healthy Lifestyle
  - Stay physically active
  - Follow a healthy meal plan
  - Limit alcoholic drink consumption