



# You Can!

## October is Breast Cancer Awareness Month



Breast cancer is the most common cancer in women in the United States. About 1 in 8 women will get breast cancer during her life. Regular mammograms can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years.** If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. If you have any signs that worry you, see your doctor right away. Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

### How Can I Lower My Risk?

Some main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families.

You can help lower your breast cancer risk by taking care of your health in the following ways: Keep a healthy weight, exercise regularly, don't drink alcohol, or limit alcoholic drinks to no more than one per day. If you are taking, or have been told to take, hormone replacement therapy, ask your doctor about the risks and find out if it is right for you. If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

**Are you worried about the cost?** The Center for Disease Control and Prevention offers free or low-cost mammograms. Find out if you qualify. <https://www.cdc.gov/cancer/nbccedp/screenings.htm>

### Fast Facts About Breast Cancer

- Each year in the United States, more than 240,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Source: <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/>

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