

October is Breast Cancer Awareness Month

Breast Cancer Facts

1 out of every 8 women have a risk of developing breast cancer sometime in her life.

1 out of 38 women will die from the disease.

But through early detection and successful treatment, **there are currently more than 3.5 million breast cancer survivors** in the United States.

Reduce Your Breast Cancer Risk

Keep a healthy weight and **exercise regularly**.

Don't drink alcohol, or limit the amount of alcohol you drink.

Don't smoke, and try to avoid second-hand smoke.

If you are taking hormone replacement therapy or birth control pills, **ask your doctor about the risks**.

Breast Cancer Screenings

Women 40 and older should have mammograms every two years – even those with no symptoms or known risk.

Women who are younger than 40 and have risk factors for breast cancer should ask their physician whether mammograms are advisable and how often to have them.



SOURCES: Centers for Disease Control, National Breast Cancer Foundation