

October is Breast Cancer Awareness Month

Breast Cancer Stats and Facts

Breast cancer is the **most common** cancer in women in the U.S., other than skin cancer.

This year, about **281,550 new cases** of breast cancer will be diagnosed in women in the U.S., and **1 out of every 8 women** in the U.S. have a risk of developing breast cancer sometime in her life.

However, the overall death rate from breast cancer **decreased** by 1% per year from 2013 to 2018. And when breast cancer is detected at an early stage, there is a **93% or higher survival rate** in the first five years.

Some of the factors associated with breast cancer risk can't be changed, such as age and genetics. But other factors can be changed by choosing healthier lifestyle options.

WAYS TO REDUCE YOUR RISK FOR BREAST CANCER



**MAINTAIN A
HEALTHY
WEIGHT.**



**TALK TO YOUR
DOCTOR
ABOUT FAMILY
HISTORY AND
RISKS.**



**AVOID OR
LIMIT
ALCOHOL.**



**EXERCISE
REGULARLY.**



**SCHEDULE
ROUTINE
MAMMOGRAMS
AFTER AGE 40.**

SOURCES: BreastCancer.org, Cancer.org, Centers for Disease Control and Prevention