

## October is Breast Cancer Awareness Month

### Breast Cancer Facts

Breast cancer is the **most common cancer** among women in the United States, other than skin cancer. Each year, about **264,000 cases** of breast cancer are diagnosed in women. **One out of every eight women** in the U.S. have a risk of developing breast cancer sometime in her life.

However, **taking a proactive wellness approach** can greatly reduce breast cancer risk. When breast cancer is detected at an early stage, there is a **93% or higher survival rate** in the first five years. There are currently over **four million** breast cancer survivors in the U.S.

Many factors over the course of a lifetime can influence your breast cancer risk. While you can't change some factors, such as getting older or your family history, you can help **lower your risk** of breast cancer by taking care of your health.



### REDUCE YOUR RISK FOR BREAST CANCER

- Maintain a healthy weight.
- Keep physically active.
- Choose not to drink alcohol, or drink alcohol in moderation.
- Talk to your doctor about family history and risks.
- Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

SOURCES: Cancer.org, Centers for Disease Control & Prevention, Susan G. Komen Organization