

Be Proactive about Breast Cancer

Breast Cancer Stats and Facts

Breast cancer is the most common cancer among women in the United States, other than skin cancer. While one out of every eight women in the U.S. have a risk of developing breast cancer during her lifetime, when detected at an early stage there is a 93% or higher survival rate in the first five years of the cancer's onset.

For those at average risk, get regular mammograms in consultation with your primary care doctor. If you have any signs of breast cancer, early detection and treatment may save your life. In addition, there are lifestyle factors that you can control to help lower your risk of breast cancer.

RISK FACTORS YOU CAN CONTROL

These lifestyle changes can help lower your risk of breast cancer.



1

**EAT A
HEALTHY DIET**

2

**EXERCISE
REGULARLY**

3

**MAINTAIN A
HEALTHY
WEIGHT**

4

**AVOID
SMOKING**

5

**LIMIT ALCOHOL
CONSUMPTION**

6

**TALK TO YOUR
DOCTOR ABOUT
FAMILY HISTORY
& RISKS**

**SCREENING IS THE KEY TO PREVENTION - TALK TO
YOUR DOCTOR ABOUT WHICH BREAST CANCER
SCREENING TESTS ARE RIGHT FOR YOU.**

SOURCES: American Cancer Society, Cleveland Clinic, Centers for Disease Control and Prevention, National Cancer Institute