

# BREAST CANCER

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**KNOW THE FACTS -  
A SITUATION NO  
WOMAN WANTS TO FACE!**

# BREAST CANCER

**KNOW THE FACTS, THEY  
COULD SAVE YOUR LIFE!!**

**It is estimated that:**

1. 1 out of 9 women will develop breast cancer
2. Breast cancer is the second cause of cancer death in women - lung cancer ranks first
3. 150,900 new cases of breast cancer in the U. S. during 1990 and about 44,300 deaths due to breast cancer
4. Breast Cancer accounts for 28% of female cancers
5. 25% of cancers of the breast occur in women in high risk groups

## **YOU ARE HIGH RISK IF:**

- You are overweight
- You smoke
- Your diet consists of high fat, low fiber foods
- You do not do Breast Self-Exam monthly
- You do not have an annual
- Breast Exam by your Doctor

## Here are a few more risk factors

- The use of alcoholic beverages (especially hard liquor and beer) has been linked to increase of Breast Cancer.
- Women whose mothers or sisters have had cancer are 2 to 3 times more likely to develop breast cancer.
- Previous Breast Cancer - 10% to 15% of women who have had cancer in one breast will eventually have it in both.
- Menstrual history - A long menstrual history, early onset of menstruation plus late menopause, increase your risk.
- Pregnancy - Women who have never had a baby or carried a full term baby after the age of 30 are at an increased risk.
- Studies show that there is an increased risk of breast cancer in women who have taken birth control pills.
- Studies show there is an increased risk of breast cancer for women who use Estrogen Replacement Therapy during menopause.



# EARLY DETECTION CAN SAVE YOUR LIFE!

## 1. **Breast Self-Exam (BSE)**

A monthly BSE is recommended for all women over age 18

## 2. **Breast Exam by Physician**

For women between the ages of 20 to 39 it is recommended to have a physician examine your breasts every three years. For women 40 and over, it is recommended to have an exam once a year.

## 3. **Mammography:**

### **Ages:**

35-39 - One baseline  
mammogram

40-49 - Mammogram  
every 1 to 2 years

50 & over - Annual  
mammogram

4. If there is **any sudden change** in your breast such as a change in shape, check with your doctor and request a mammogram.

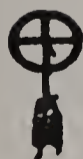


## COMMON INDICATORS

- The most common sign of cancer of the breast is a mass which is almost always painless
- Nipple discharge can mean cancer
- A change in the shape of the breast
- A lump that does not move
- Swelling and redness of the breast skin
- Lymph node enlargement



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