

Breast Cancer Screening



Breast Cancer Screening **SAVES LIVES**

Talk to your doctor about
mammograms

RISK FACTORS

- GENDER** Being a woman is the #1 risk factor, but men get breast cancer too
- AGE** As you get older, your risk of breast cancer goes up
- FAMILY** Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer
- ETHNICITY** Leading cause of cancer death for Hispanic women. More common in African American women under age 45
- GENETICS** 5-10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2

STAY HEALTHY

Healthy lifestyle choices may help lower your cancer risk

- MAINTAIN A HEALTHY WEIGHT
- LIMIT ALCOHOL
- DO NOT SMOKE
- EAT FRUIT, VEGGIES AND WHOLE GRAINS
- EXERCISE 30 MINUTES A DAY

FACTS

2nd

2nd leading cause of cancer death in women

1 in 8

1 in 8 women in the U.S. will develop breast cancer in their lifetime

85%

Over 85% of breast cancers occur in women without a strong family history of breast cancer

98.8%

98.8% of breast cancer patients with stage 1 survive 5 years or more

40

Women ages 40-44 should have the choice to start yearly mammograms. Starting at age 45, get a mammogram every year



EARLY DETECTION

Get a Mammogram!

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

To learn more about breast cancer risks, prevention and screening:
providenceoregon.org/breastcancerscreening
503-215-6014