

# How to look out for and fight off breast cancer



**1 in 8**  
American women  
will develop breast  
cancer<sup>1</sup>

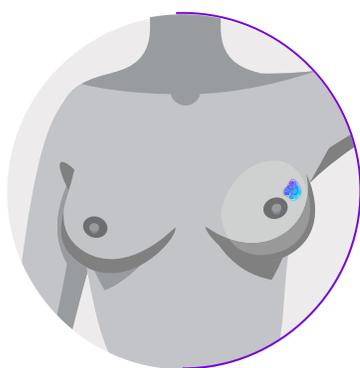
**276.5K**

new cases of invasive  
breast cancer will be  
diagnosed this year<sup>1</sup>

**THERE'S  
HOPE**

**3.5M have survived  
the disease<sup>1</sup>**

## Are you at risk?



### Gender

Men can develop breast cancer, but women are 100x more likely to<sup>2</sup>

### Genetics

A woman's risk is nearly 2x if she has a first-degree relative who has been diagnosed, but 85% of breast cancers occur in women with no family history<sup>3</sup>

### Age

The older you are, the more likely you are to develop it<sup>1</sup>

### Weight

Excess body weight or obesity after menopause increases risk<sup>4</sup>

### Race

African American women have a 39% higher risk than white women of dying from it<sup>5</sup>

## Prevention tips



### Eat healthy

Eat 5 or more servings of fruit and vegetables daily—pomegranates, grape seed extract, and blueberries all contain powerful breast cancer-fighting agents; limit processed and red meat; and choose whole grains<sup>2</sup>



### Watch your weight

Walk for just 75 to 150 minutes weekly to lower risk<sup>4</sup>



### Avoid alcohol

Don't drink more than 1 beverage a day—women who have 3 drinks a week have a 15% higher risk<sup>6</sup>



### Get screened

Remember to self-check and get your annual mammogram starting at age 40<sup>2</sup>

**If you have a predisposition to breast cancer, take charge in the fight against it by maintaining healthy behaviors and changing risky ones—prevention is possible.**

#### References

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- 5 American Association for Cancer Research. AACR Cancer Disparities Progress Report 2020. [https://cancerprogressreport.aacr.org/wp-content/uploads/sites/2/2020/09/AACR\\_CDPR\\_2020.pdf](https://cancerprogressreport.aacr.org/wp-content/uploads/sites/2/2020/09/AACR_CDPR_2020.pdf). Published 2020. Accessed October 6, 2020.
- 6 Drinking alcohol. Breastcancer.org Web site. <https://www.breastcancer.org/risk/factors/alcohol>. Updated September 11, 2020. Accessed November 23, 2020.

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