

How to look out for and fight off breast cancer



1 in 8
American women
will develop breast
cancer¹

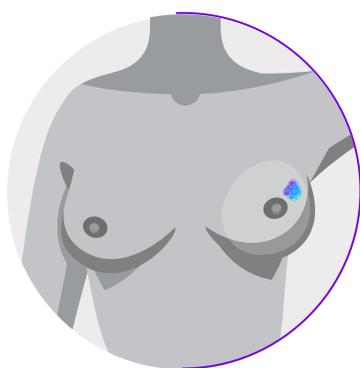
276.5K

new cases of invasive
breast cancer will be
diagnosed this year¹

**THERE'S
HOPE**

**3.5M have survived
the disease¹**

Are you at risk?



Gender

Men can develop breast cancer, but women are 100x more likely to²

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 history³

Age

The older you are, the more likely you are to develop it¹

Weight

Excess body weight or obesity after menopause increases risk⁴

Race

African American women have a 39% higher risk than white women of dying from it⁵

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 grains²



Watch your weight

Walk for just 75 to 150 minutes weekly to lower risk⁴



Avoid alcohol

Don't drink more than 1 beverage a day—women who have 3 drinks a week have a 15% higher risk⁶



Get screened

Remember to self-check and get your annual mammogram starting at age 40²

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

- 1 How common is breast cancer? American Cancer Society Web site. <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>. Updated January 8, 2020. Accessed November 23, 2020.
- 2 Make breast cancer awareness a year-round focus (with infographic). City of Hope Breakthroughs Blog. <https://www.cityofhope.org/blog/make-breast-cancer-awareness-a-year-round-focus>. Published October 12, 2016. Accessed January 14, 2021.
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- 4 Simon S. How your weight may affect your risk of breast cancer. American Cancer Society News. October 4, 2018. <https://www.cancer.org/latest-news/how-your-weight-affects-your-risk-of-breast-cancer.html>. Accessed November 23, 2020.
- 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. 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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