Breast Cancer Screening SAVES LIVES

98% 98% of breast cancer patients survive when diagnosed early

85% 85% breast cancers occur in women with no family history

2nd 2nd leading cause of cancer death in women

40 Starting at age 40, women should talk to their doctor about when to start mammograms

RISK FACTORS

Gender
Being a woman is the #1 risk factor, but men get breast cancer too

Age
Incidence increases with age

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

EARLY DETECTION
Get a Mammogram!

STAY HEALTHY

- Maintain a Healthy Weight
- Eat Fruit, Veggies and Whole Grains
- Limit Alcohol
- Exercise 30 minutes a day
- Do Not Smoke

Healthy lifestyle choices are associated with lower cancer incidence

Source: Breastcancer.org and American Cancer Society

providenceoregon.org/breastcancerscreening
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