



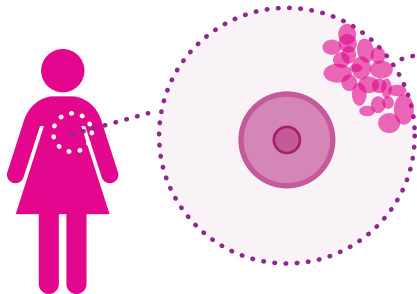
BREAST CANCER

LEARN YOUR RISK AND GET SCREENED.

Take charge of your health. Learn about your risk of developing breast cancer and get screened.

ABOUT **1 IN 8** 
U.S. WOMEN WILL DEVELOP
BREAST CANCER
OVER THE COURSE OF **HER LIFETIME**

WHAT IS BREAST CANCER?



Breast cancer occurs when abnormal cells in the breast begin to divide without control, forming a tumor.

SYMPTOMS

Early stage breast cancer usually does not cause pain. But as the cancer grows, it may cause changes that women should watch for:

- LUMP OR THICKENING NEAR BREAST OR UNDERARM
- CHANGE IN SIZE OR SHAPE
- DISCHARGE
- SWELLING
- PAIN, REDNESS, DIMPLING, SCALINESS OR IRRITATION
- NIPPLE TURNING INWARD

REDUCE YOUR RISK



INCREASE PHYSICAL ACTIVITY



LIMIT ALCOHOL CONSUMPTION

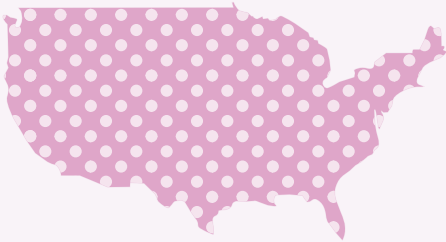


MAINTAIN HEALTHY WEIGHT

YOUR **RISK** OF
BREAST CANCER
INCREASES WITH AGE
BUT 
YOUNG WOMEN
GENERALLY FACE **MORE AGGRESSIVE CANCERS & LOWER SURVIVAL RATES**

**GET SCREENED.
EARLY DETECTION SAVES LIVES.**

**BREAST
CANCER** IS
THE
**MOST
COMMONLY
DIAGNOSED
CANCER** ●●●
**IN AMERICAN
WOMEN**



WHEN TO GET SCREENED

BREAST SELF-AWARENESS



**WOMEN AGE 20+
EVERY MONTH**

CLINICAL BREAST EXAMS



**WOMEN AGE 20-40
EVERY 3 YEARS**

MAMMOGRAMS & CLINICAL BREAST EXAMS



**WOMEN AGE 40+
EVERY YEAR**

Cancer prevention starts with a screening.
Free breast cancer screenings are offered throughout
the year. Insurance will be billed for mammograms;
there will be no charge for women without insurance.

TO LEARN MORE, VISIT:
MARYBIRD.ORG/BREAST
OR CALL (225) 215-1234.



SOURCES:
www.cancer.org
www.cancer.gov