



MARY BIRD PERKINS
CANCER CENTER™

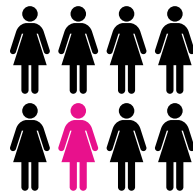
BREAST CANCER

LEARN YOUR RISK AND GET SCREENED.

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

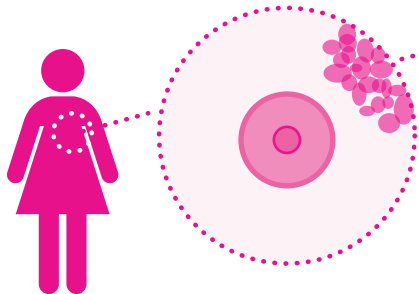
ABOUT

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**



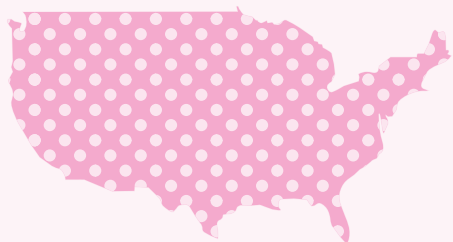
**MAINTAIN
HEALTHY
WEIGHT**

**YOUR RISK OF
BREAST CANCER
INCREASES WITH AGE**

BUT

**YOUNG WOMEN
GENERALLY FACE MORE
AGGRESSIVE CANCERS
& LOWER SURVIVAL RATES**

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



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

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**



SOURCES:

www.cancer.org
www.cancer.gov