



2013 Breast Cancer Fact Sheet

Methods of Early Detection:

- Breast self-examination- Recommended to do monthly. Ages 20 and up.ⁱⁱ
- Clinical breast exams-performed by a health care worker, yearly with doctor or nurse.
- Mammogram- x-ray of the breast used to look for abnormal growths, yearly ages 40+ up.

Risk factors:

- **Chemicals:** In cosmetics can increase risk for breast cancer.ⁱⁱⁱ
 - Phthalates and Parabens are linked to causing cancer
 - For information about what's in your cosmetics go to www.ewg.org/skindeep
- The risk of cancer increases with the amount of **alcohol** consumed^{iv}
- **Age:** 1:8 women under 45 have been diagnosed with breast cancer. Higher rates in women over 55 2:3.^v
- Not having health care and regular checkups can delay early detection for breast cancer
- Smoking Cigarettes increases risk of cancer
- One woman is diagnosed with breast cancer every two minutes, and one woman will die of breast cancer every 13 minutes in the United States^{vi}
- **Obesity:** "A recent study found that women who gained 55 pounds or more after age 18 had almost a 50 percent greater risk of breast cancer compared to those who maintained their weight"^{vii}
- Women have higher rates of breast cancer to men.^{viii}
 - 1:3 ratio for women
 - 1:1,000 in men
- **Genetics:** Caused by mutations in genes BRAC1 and BRAC2^{ix}
- **Ethnicity:** Black Women have highest mortality rates with battling with breast cancer. It has been attributed to these women having more aggressive cancer, finding the breast cancer late in development, and not having access to the best treatment. Breast cancer is often found in later stages.^x (Center of Disease Control)

Ways to Reduce Risk of Cancer:^{xi}

- Increasing physical activity- at least 30 minutes 3x/week
- Limit Alcohol intake to 1 glass a day
- Avoiding tobacco products
- Avoid hormone replacement therapy after menopause. Try natural remedies like Estroven.
- Managing stress through: deep breathing 10 times each day, meditation, acupuncture and massage.
- Decreasing processed food (eg. Doritos, bacon, corn oil, corn syrup, nutraSweet-artificial sweeteners)

ⁱ Picture citation "<http://cunysps.files.wordpress.com/2011/10/breast-cancer-ribbon-2.jpg>"

ⁱⁱ "Can breast cancer be found early?." *Cancer.org*. American Cancer Society, 11 09 2013. Web. 18 Sep 2013.

ⁱⁱⁱ "Lower your risk: Exposure to Chemicals in Cosmetics." *BreastCancer.org*. Breast Cancer.org, 1 05 2013. Web. 18 Sep 2013.

^{iv} "Causes, Risk Factors, and Prevention Topics." *Cancer.org*. American Cancer Society, 11 09 2013. Web. 11 Sep 2013

^v "Causes, Risk Factors, and Prevention Topics." *Cancer.org*. American Cancer Society, 11 09 2013. Web. 11 Sep 2013

^{vi} "Breast Cancer Facts" <http://www.komenpugetsound.org>. Susan G. Komen Puget Sound Web.2013

^{vii} "Breast Cancer Facts" <http://www.komenpugetsound.org>. Susan G. Komen Puget Sound Web.2013

^{viii} "Causes, Risk Factors, and Prevention Topics." *Cancer.org*. American Cancer Society, 11 09 2013. Web. 11 Sep 2013

^{ix} "Causes, Risk Factors, and Prevention Topics." *Cancer.org*. American Cancer Society, 11 09 2013. Web. 11 Sep 2013

^x <http://www.cdc.gov/features/vitalsigns/breastcancer/>

^{xi} "ACS's Guidelines on Nutrition and Physical activity for Cancer Prevention" *Cancer.org*. American Cancer Society, 11 09 2013. Web. 1 Jan 2012