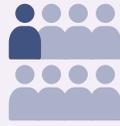


### What is breast cancer?

Breast cancer is a disease where cancer cells form in the breast and chest tissue.

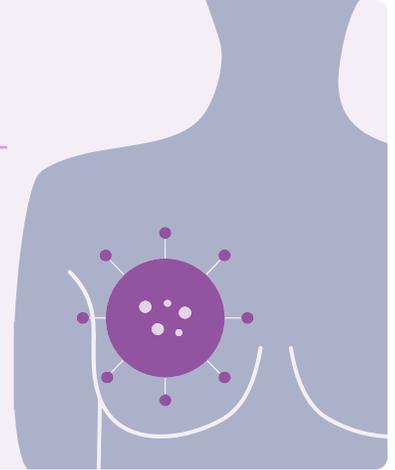


1 in 8 women will get breast cancer in their lifetime.

# #2

Breast cancer is the number 2 cause of cancer death in women.

Black women are often diagnosed with breast cancer at later stages, when it is harder to treat. Even though they get breast cancer at similar rates as white women, they are 40% more likely to die from it.



### Who is at increased risk?

Risk factors increase your chance of getting breast cancer. Talk with your doctor or medical team if you have breast or chest tissue and any of the following apply to you.

You are over 40.

You have dense breast or chest tissue, which makes cancer harder to see on screenings.

You have a close relative (parent, sibling, child) who had breast or ovarian cancer. This doubles your risk of developing breast cancer.

### How can I lower my risk of breast cancer?

- See your doctor regularly and talk with them about when to start screening.



- Know how your breasts or chest normally look and feel and talk to your healthcare provider about any changes.

- Talk with your family about their health history and share it with your doctor.



#### Stay healthy:

- Be active for at least 30 minutes a day.
- Eat more plant-based foods, like vegetables, fruits, whole grains, and beans.
- Limit alcohol. Even 2-3 drinks daily increases risk.
- Avoid tobacco in all forms.



#### Talk with your doctor if you have any of these symptoms:

- New lump on breast, chest, or underarm that does not get smaller.
- Rash or itchiness on breast, dimpling (small pits in the breast), or puckering (creases in the breast).
- Nipple pain, nipple turning inward, or nipple pointing in a new direction.

# Breast Cancer Screening Saves Lives



# 98%

of breast cancer patients survive when diagnosed early.

## Who should be screened?

Screening means checking for cancer before symptoms start, to find it early when it's easier to treat.

You should be screened if you have breast or chest tissue and any of the following apply to you:

- You are 40 years or older.
- You have a family history of breast or ovarian cancer.

## What does breast cancer screening look like?

Screening includes a mammogram every year, starting at age 40 (or earlier if recommended by your doctor).

**Mammogram:** An X-ray of the breasts that can find cancer early, often before you have any symptoms, making it easier to treat.

Along with getting your mammograms, you can also:



**Clinical Breast Exam:** A doctor checks your breasts/chest and underarms for lumps and bumps. Ask for a clinical breast exam every three years from age 20 to 39, and once a year after age 40.

**Breast Self-Exam:** Check your breasts/chest each month for any changes. You know your body and what is normal for you. Talk with your doctor about any changes.

## How will I pay for this screening?



Health insurance plans are required to cover cancer prevention screenings. To find insurance options available to you, scan the QR code or visit [wahealthplanfinder.org](http://wahealthplanfinder.org)

The Breast, Cervical, Colon Health Program helps pay for screenings if you do not have health insurance. Call 1-888-438-2247 to see if you qualify.



SCAN ME



SCAN ME



To find a location to get breast cancer screening near you, scan the QR code or visit [getscreened.cancer.org](http://getscreened.cancer.org)



More questions? Contact the **NCI Cancer Information Service** at **1-800-4-CANCER**