

OCTOBER

Breast Cancer Awareness Month

Breast cancer is the most common cancer diagnosed among women in the US. It is the 2nd leading cause of death from cancer among women. Only lung cancer kills more women each year.



Watch for:

- Changes in shape and/or size of breast
- New lump in the breast or armpit
- Painful breasts
- Skin irritation around the breast

What can women do?

- Have an annual physical
- Schedule a mammogram every 2 years (or as recommended by your doctor)
- Learn how to perform a [breast self-exam](#)
- Exercise regularly

Important to Know:

- Early detection of breast cancer leads to higher 5-year survival rates.

For more information:

<https://www.cdc.gov/cancer/breast/pdf/breast-cancer-fact-sheet-508.pdf>

https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

<https://www.nationalbreastcancer.org/breast-cancer-facts>

