

OCTOBER BREAST CANCER AWARENESS MONTH

1 IN 8 WOMEN will be diagnosed with breast cancer in their lifetime.

ABOUT BREAST CANCER

- Breast cancer is the second leading cause of cancer deaths among American women. The only cancer that kills more women is lung cancer. ²
- Earlier detection, increased awareness and better treatment continue to lower death rates from breast cancer. ¹
- Mammograms are cost-effective interventions. Having one every two years extends life for women aged 65 years or older at a cost of about \$36,924 per year of life saved. ³
- 1 in every 100 breast cancer diagnoses occur in men

PREVENTION TIPS

- Participate in regular physical activity
- Eat more fruit and vegetables
- Schedule routine visits with your doctor
- Learn how to perform a [breast self-exam](#)

RESOURCES

Find free breast cancer information at:

American Cancer Society (<http://www.cancer.org/cancer/breastcancer/index>)

Centers for Disease Control and Prevention (<http://www.cdc.gov/cancer/breast/index.htm>)

National Cancer Institute (<http://www.cancer.gov/types/breast>)

SOURCES

1. American Cancer Society (<http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-key-statistics>)

2. National Cancer Institute, National Institutes of Health – (<http://www.cancer.gov/types/breast/patient/breast-screening-pdq#section/5>)

3. Centers for Disease Control and Prevention. Preventing Chronic Diseases: Investing Wisely in Health (<http://www.cdc.gov/nccdphp/publications/factsheets/Prevention/pdf/cancer.pdf>)

4. Centers for Disease Control and Prevention, Breast Cancer in Men (<https://www.cdc.gov/cancer/breast/men/index.htm>)

