

# fast facts about breast cancer

## Here are some known risk factors:

**Gender**— A woman is 100x more likely than a man to develop breast cancer.

**Age**— The risk of developing breast cancer increases with age. Half of all breast cancer diagnoses are in women older than 60.

**Family History**— The risk is higher among women who have blood relatives with this disease.

**Weight**— Being overweight or obese raises breast cancer risk.

**Race**— White women are slightly more likely to develop breast cancer than African American women. African American women are less likely to survive this cancer.



A woman's chance of developing breast cancer in her lifetime is **1 in 8.**



## What you can do:

### Get a mammogram

Remember to get mammograms and breast exams every year if you are 50 to 74 years old.

### Eat well

Eat five or more servings of fruit and vegetables a day. Limit meat like hot dogs, lunch meat and red meat. Choose whole grains.

### Limit alcohol

Limit alcohol intake to no more than one drink a day. Having more increases the risk by 1.5 times compared to someone who doesn't drink.

### Exercise daily

Exercising at least 30 minutes a day can lower risk of breast cancer.

### Learn your family history

5–10% of breast cancer is hereditary.

### Know your body

Be familiar with how your breasts look and feel. This can help you notice symptoms like lumps, pain or changes in size that may be of concern.

## Take control of your health!

Screening can improve outcomes. Early detection reduces the risk of dying from breast cancer and can lead to greater range of treatment options. All women ages 50 to 74 years old should have a mammogram each year. This is the best way to find breast cancer early.



**An annual mammogram is the best defense against breast cancer.** Members DO NOT need a referral to make an appointment. Visit your provider or [findaprovider.ilmeridian.com/location](http://findaprovider.ilmeridian.com/location) to find a provider near you.



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**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).