



BREAST CANCER – WHAT YOU SHOULD KNOW!

MAMMOGRAMS SAVE LIVES

Breast cancer is the second leading cause of cancer death in Nevada women. Breast cancer treatment is more successful if started early. When diagnosed before it spreads, the five-year survival rate is 97 percent. If the cancer spreads to underarm lymph nodes, the survival rate is 79 percent. If it spreads beyond the lymph nodes to other organs, the survival rate is 23 percent.

FACTS:

- Every two minutes a woman is diagnosed with breast cancer.
- Each year more than 1,600 Nevada women will be diagnosed with breast cancer and approximately 300 will die from the disease.
- Many breast cancers are found through breast self-exams, BUT not all lumps are detectable by touch.
- Women age 40 and older covered by Medicare can get a screening mammogram every 12 months.

RISK FACTORS:

Both women and men can develop breast cancer; however, there are known risk factors:

- Being a woman
- Being age 40 or older
- Inheriting BRCA1 or BRCA2 gene mutations
- Personal history of breast cancer
- Family history of breast cancer
- Being a White or African American woman
- Having certain benign breast lesions
- Received radiation therapy to the chest as a child or young adult
- Started menstruation before age 12 or went through menopause after age 55
- Exposure to DES (Diethylstilbestrol)
- Not having children
- Long-term use of hormone replacement therapy
- Drinking more than one alcoholic drink a day
- Being overweight or obese
- Physical inactivity

REDUCING YOUR RISK:

The best ways to lower your risk of breast cancer are:

- Don't smoke and avoid secondhand smoke
- Exercise regularly (at least 30 minutes four days each week)
- Maintain a healthy weight
- Eat a colorful variety of fruits and vegetables every day
- Limit alcohol intake (no more than one drink a day)

SCREENING RECOMMENDATIONS:

According to the American Cancer Society guidelines for the early detection of cancer, women should:

- Beginning at **age 20**, perform monthly breast self-examinations.
- **Ages 20-39**, have clinical breast examinations (CBE) every three years.
- **Age 40**, get your first (baseline) mammogram. Mammograms should be performed every one to two years for women 40-49, depending on previous findings. CBE should be done every year.
- **Ages 50 and older**, get a mammogram every year.