

Indigenous Pink

▶▶▶▶▶▶▶ Breast Health

1 in 8



women will get breast cancer in their lifetime

Increased Risks

GENDER
Being female



GENETICS
Inherited DNA changes in genes



FAMILY HISTORY
Mother, sister, daughter has had breast cancer



BREAST DENSITY
Dense breast tissue



40

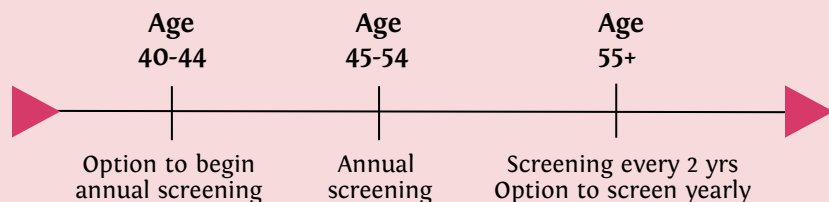
AGEING



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?

BREASTFEED
Breastfeeding reduces estrogen exposure that helps prevent breast cancer



REGULAR MAMMOGRAMS
Women 40+ should have the option to have a mammogram once a year



REGULAR BREAST EXAMS
Speak to your health care provider for options



WEIGHT CONTROL
Overweight or obese women are at a higher risk



EXERCISE
Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE
Alcohol can increase estrogen levels, which may increase your risk



American Indian
Cancer Foundation.

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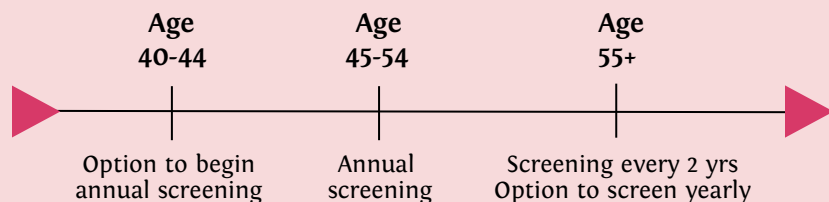
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Talk to your health care provider about when screening is best for you.



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CLINIC INFORMATION: