



2SLGBTQ+ BREAST HEALTH AND CANCER SCREENINGS

*All bodies have breast tissue.
All bodies are at risk of breast cancer.*

WHAT ARE THE RISK FACTORS?



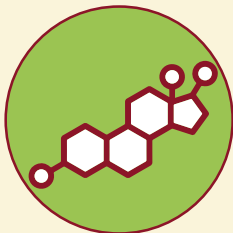
HAVING MORE BREAST TISSUE

Every chest is different, and each body has different amounts of breast cells. More breast cells indicate a higher risk factor.



GENETICS AND FAMILY HISTORY

Some cases are hereditary and can be related to having a family member with a breast cancer diagnosis.



HORMONES

Exposure to hormones like estrogen and excess testosterone can lead to increased estrogen levels. Higher estrogen levels can lead to a higher risk of breast cancer.



AGE

Individuals over the age of 40 have an increased risk of developing cancer in their chest.



BREAST DENSITY

An individual may have more dense breast tissue in their chest; this is normal and common. However, it may increase the chance of cancer going undetected by mammograms.

TWO-SPIRIT

A term exclusive to Native people that represents individuals of a wide range of gender roles, sexual orientation, and gender expression who carry significant cultural and spiritual roles across Indian Country.

2SLGBTQ+

An abbreviation used to identify two-spirit, lesbian, gay, bisexual, transgender, queer/questioning, and additional gender identities and sexualities as a community.

BREAST CANCER

A term that refers to all cancer that originates in breast tissue. Throughout this resource, we will interchangeably refer to breast as chest to acknowledge that body parts have no gender.

CISGENDER

A term used for a person's gender identity and expression that matches the biological sex they were assigned at birth.

NONBINARY

This term refers to a person who does not identify as male or female.

TRANSGENDER

Refers to people whose gender identity and expression is different than they were assigned at birth.





WHEN SHOULD I GET SCREENED?

I am a transgender man...

Chest reconstructive surgery: annual chest wall exams starting at age 50

Chest reduction: annual mammograms starting at age 50

No chest reconstructive surgery: same guidelines as cisgender women

I am nonbinary...

Dependent on hormone use and history of chest reconstructive surgery.

I am a transgender woman...

Ages 50 plus: annual mammograms if you have taken feminizing hormones for more than five years.

BREAST CANCER SCREENING IS IMPORTANT

- Breast cancer is the second leading cause of cancer death among Indigenous women and individuals assigned “female” at birth.
- Breast cancer is underdiagnosed and underreported for 2SLGBTQ+ individuals.

YOUR BODY IS YOURS

- Your safety and comfort are the highest priority. Talk with a trusted clinic staff if you feel unsafe or uncomfortable in a health care setting.
- Connecting with your body is important. If you notice changes in your body, visit your healthcare provider. You are your strongest advocate.
- Revealing personal information is your choice. Find a health care provider who you feel comfortable sharing this information with.



What can I do to reduce my risk of breast cancer?

Add in exercise that makes you feel your best, limit alcohol intake, breastfeed if you can.

What if I've been on hormone therapy, and I've stopped? How does this affect whether or not I need a mammogram?

Talk to your doctor about your risks for breast cancer. It depends on the type and length of hormone therapy.

FOR MORE INFORMATION PLEASE VISIT

American Indian Cancer Foundation

Americanindiancancer.org



American Indian Cancer Foundation.