

Indigenous Pink

▶▶▶▶▶▶▶ Breast Health

1 in 8



women will get breast cancer in their lifetime

Increased Risks



GENETICS
Inherited DNA changes in genes



GENDER
Being female



FAMILY HISTORY
Mother, sister, daughter has had breast cancer



BREAST DENSITY
Dense breast tissue

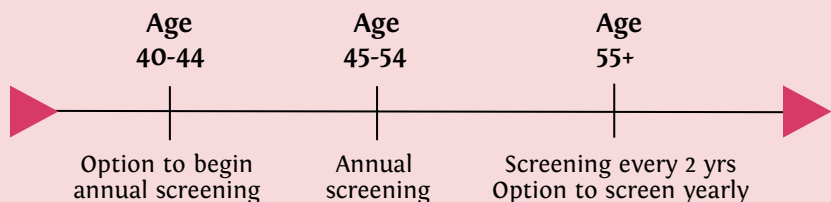


AGEING

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



WEIGHT CONTROL

Overweight or obese women are at a higher risk



EXERCISE

Exercising 3 days/week may lower your risk



REGULAR MAMMOGRAMS

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



LIMIT ALCOHOL USE

Alcohol can increase estrogen levels, which may increase your risk



REGULAR BREAST EXAMS

Speak to your health care provider for options



American Indian Cancer Foundation.

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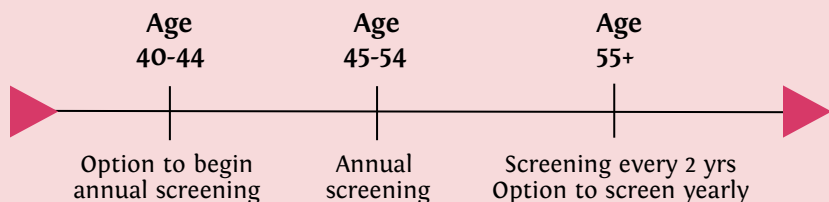


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CLINIC INFORMATION: