

While breast cancer is one of the most common cancers diagnosed today, early detection, prevention, and treatment are giving women reason to celebrate.

There are several risk factors you have more control over, especially those linked to lifestyle choices. A few of these include:

### Alcohol Use

Alcohol use is definitively linked to an increased risk of breast cancer. Having 2-5 drinks per day increases the risk about 1.5 times over women who don't drink.

### Having Children

Women who give birth before age 30 have slightly less risk of developing breast cancer than women who give birth after 30 or those who never have children.

### Not Breastfeeding

Some studies show breastfeeding may slightly lower breast cancer risk, especially if it continues for 1.5 to 2 years.

### Being Overweight

Having more fat tissue can increase estrogen levels after menopause, and being overweight increases insulin levels, which also increases breast cancer risk. Elevated estrogen levels can increase the risk of developing breast cancer.

### Lack of Physical Activity

Physical activity boosts overall health, which can reduce breast cancer risk.

Monthly breast self-exams and regular mammograms can help in early detection of breast cancer.

Breast cancer mortality is  
**DECREASING**  
for both black women and white women, especially younger women.

**HOWEVER,**  
even though death rates are declining, we need to keep aiming high to keep that decline.

If you have any signs or symptoms that worry you, be sure to see your provider right away.

**MAKE YOUR ANNUAL CHECK-UPS**

**PERFORM SELF EXAMS**

**STAY INFORMED**


**PROTECT YOURSELF AGAINST BREAST CANCER**



A DIVISION OF SIMPSON GENERAL HOSPITAL

1827C Simpson Highway 149  
Mendenhall, MS 39114  
601-847-2424

WHEN IT COMES TO BREAST CANCER,  
**EARLY DETECTION IS THE BEST PROTECTION.**



"Cancer is not just physical, it's emotional and psychological. You have moments where you wonder if your feelings, thoughts or emotions are normal. Speaking to survivors validates these feelings."

- Meagan F., Survivor & Volunteer



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# AM I AT RISK?

All of these can increase your risk of breast cancer:

- Increase in age
- Late pregnancy or no pregnancy
- Starting menopause after age 55
- Family history
- Having dense breasts
- Taking oral contraceptives

# SIGNS & SYMPTOMS

- Lump, mass, or swelling in the breast or underarm
- Changes in size or shape of the breast
- Breast pain

# BREAST CANCER STATS

- Breast cancer is the 2nd leading cause of death among non-white women nationwide.
- Breast cancer is the 3rd leading cause of death among white women.
- 14.1% of the estimated U.S. cancer cases will be due to breast cancer.
- It is estimated that 231,840 U.S. women will develop breast cancer, and 40,290 will die of it.
- Nationwide, the probability of developing breast cancer in a lifetime is 1 in every 8 women.
- 80% of all breast cancer cases are found in women over the age of 50.

**AROUND 400 WOMEN  
DIE EACH YEAR FROM  
BREAST CANCER  
IN MISSISSIPPI**

## GUIDELINES FOR WOMEN AT AVERAGE RISK FOR BREAST CANCER:

### AGES 40-44

Women should have the option to start screening with a mammogram every year.

### AGES 45-54

Women should get a mammogram every year.

### AGE 55 & OLDER

Women can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.