

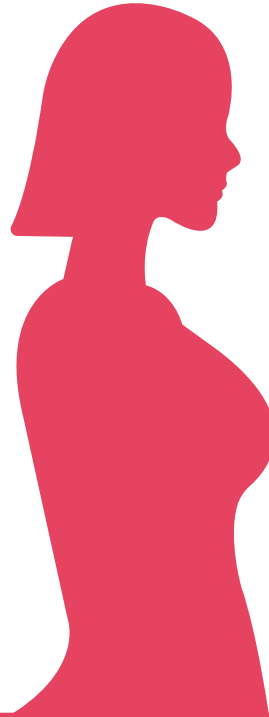
# HEALTHY IS UNDERSTANDING BREAST CANCER

## KEY STATISTICS



**1 IN 8 WOMEN**  
have a chance of developing breast cancer.

## BREAST CANCER SYMPTOMS



- New lump or mass that is hard or soft
- Swelling of all or part of a breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge

### BREAST CANCER IN WOMEN

It is estimated that in 2023 there will be:

**297,790 NEW CASES** of invasive breast cancer.

**55,720 NEW CASES** of non-invasive breast cancer.

**43,700 DEATHS** from breast cancer.

### BREAST CANCER IN MEN

It is estimated that in 2023 there will be:

**2,800 NEW CASES** of invasive breast cancer.

**1 of every 100** diagnosed breast cancers is found in a man.

Men should talk to their provider about their risk for breast cancer.

## LIFESTYLE RISK FACTORS

- Being overweight or obese after menopause.
- Women using, or have used hormonal contraceptives.
- Drinking more than one alcoholic beverage every day.
- Women who have not had children or had their first child after age 30.

# EARLY DETECTION SCREENING

## Screening guidelines for Breast Cancer:

### Risk assessment at age 25.

If you are at average risk, annual mammogram begins at age 40.

If you are at high risk, annual mammogram and breast MRI begin at age 25-30.

If you're trans or non-binary, it's essential that you speak with your doctor about your personal risk level and determine an appropriate screening protocol for you.

Please see your primary care provider or OB/GYN to determine which screening option is best for you.



## EARLY DETECTION SAVES LIVES

Getting regular screening tests is the most reliable way to find breast cancer early, and for the best treatment options.

### How do I know if I'm at higher risk for Breast Cancer?

- Have family history of breast cancer
- Have a known BRCA1 or BRCA gene mutation
- Have a first-degree relative with a BRCA1 or BRCA2 gene mutation
- Had radiation therapy to the chest between the ages of 10-30
- Have Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome, or have first-degree relatives with one of these syndromes

[www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)

More than  
**90%**

of women diagnosed with breast cancer at the earliest stage survive their disease for at least 5 years.

[www.cancerresearchuk.org/about-cancer/cancer-symptoms/why-is-early-diagnosis-important](http://www.cancerresearchuk.org/about-cancer/cancer-symptoms/why-is-early-diagnosis-important)



## DID YOU KNOW?

Only **5-10%** of breast cancer cases are hereditary.

## SCHEDULE YOUR YEARLY SCREENING TODAY

- Manchester Memorial Hospital  
860.872.5150
- Tolland Imaging Center  
860.986.4848
- Rockville General Hospital  
860.872.5150
- Women's Center for Wellness  
860.533.4646

The Breast Cancer Collaborative offers Women's Health Navigation services free of charge.

For more information call 860.533.4696