



SENIOR HEALTH

Breast Cancer

WHO'S AT RISK?

Breast cancer is the most common cancer in women, other than skin cancer. It's also the second leading cause of cancer death among women. The chances of developing breast cancer increase with age. By age 50, one of every 50 women will have breast cancer. By age 85, the chances increase to one of every eight.

KNOW THE RISK FACTORS

- ▶ having a mother, grandmother, sister or aunt with breast cancer
- ▶ having a history of hyperplasia (atypical cell growth)
- ▶ menstruation before age 12
- ▶ menopause after age 55
- ▶ never giving birth, or giving birth after age 35
- ▶ eating a high-fat diet
- ▶ tobacco use

HOW TO REDUCE YOUR RISK

- ▶ Perform a monthly breast self-examination to detect any changes in your breasts.
- ▶ Have mammograms annually after age 40.
- ▶ Eat a low-fat diet.
- ▶ Quit smoking.

SYMPTOMS OF BREAST CANCER

a lump or thickening in the breast or armpit

any flattening or indentation of the breast skin

any puckering, pitting or dimpling of the breast skin

any change in the position, size or color of the breast

clear or bloody nipple discharge

a retracted nipple

redness of the breast skin
