

# WHAT SHOULD YOU KNOW ABOUT BREAST HEALTH?



## 1 IN 8

Women will develop invasive breast cancer in her lifetime.

More than 40,000 U.S. women die from breast cancer each year.

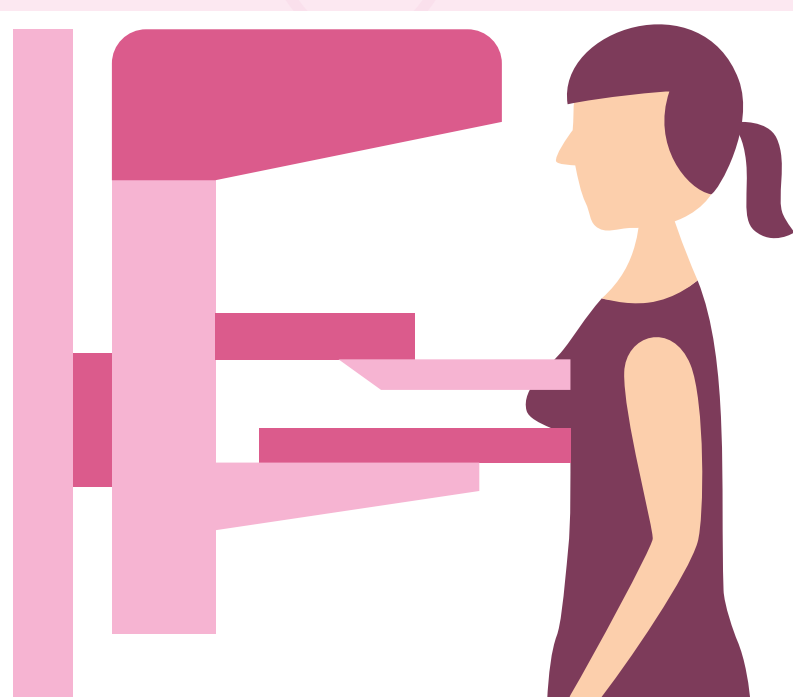
Breast cancer is the second leading cause of cancer death among women in the U.S.

About **85%** of breast cancers appear in women with no family history of breast cancer.<sup>1</sup>

Annual mammography screening beginning at age 40 reduces breast cancer mortality by nearly

## 40%

—saving more lives than less frequent screening regimens.<sup>2</sup>



## YOUR MAMMOGRAPHY REPORT

will contain information about breast density. Breast density refers to the relative proportions of fatty versus glandular and fibrous tissue in the breast. Dense breast tissue is very common, affecting about half of women over 40, and is associated with a higher rate of breast cancer. Dense breast tissue also makes cancer more difficult to identify on a mammogram.<sup>3</sup>

3D Mammography creates clearer images, resulting in better cancer detection and fewer false positives.

Research has found that the addition of breast tomosynthesis to mammography screening increases detection of invasive breast cancers by 41% while reducing false positive results by 15%.<sup>4</sup> These improvements are most pronounced among women with dense breast tissue.<sup>5</sup>



## KNOW YOUR BODY

While breast self-exam isn't currently recommended for cancer screening, being familiar with how your breasts typically look and feel will help you identify any changes.<sup>6</sup>

## IF YOU FIND A LUMP, SEE YOUR DOCTOR

Most changes are not signs of breast cancer. However, if you notice a lump or other change in your breast or underarm that doesn't seem to be related to your menstrual cycle, consult your doctor

## Make Healthy Choices

Healthy lifestyle choices like exercising regularly, maintaining a lean body weight, eating a healthy diet, avoiding tobacco, and limiting alcohol reduce your risk of breast cancer as well as other forms of cancer.<sup>7</sup>



<sup>1</sup>"U.S. Breast Cancer Statistics." Breastcancer.org, 20 Dec 2018. Accessed 7 Jan 2019. | <sup>2</sup>"Starting Annual Screening Mammograms at Age 40 Saves More Lives." Breastcancer.org, 22 Aug 2017. Accessed 7 Jan 2019. | <sup>3</sup>"Dense Breasts: Answers to Commonly Asked Questions." Cancer.gov. National Cancer Institute, 7 Sept 2018. Accessed 8 Jan 2018. | <sup>4</sup>Friedewald, et al. "Breast Cancer Screening Using Tomosynthesis in Combination With Digital Mammography." JAMA. 25 June 2014. Accessed 7 Jan 2019. | <sup>5</sup>Rafferty, et al. "Breast Cancer Screening Using Tomosynthesis and Digital Mammography in Dense and Nondense Breasts." JAMA. American Medical Association, 26 April 2016. Accessed 8 Jan 2019. | <sup>6</sup>"Breast Self-Exam." Komen.org. Susan G Komen, 6 July 2018. Accessed 7 Jan 2019. | <sup>7</sup>"Breast Cancer Risk Factors." Breastcancer.org, 4 Feb 2016. Accessed 8 Jan 2019.