

HEALTHY IS UNDERSTANDING BREAST CANCER

KEY STATISTICS



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

BREAST CANCER IN WOMEN

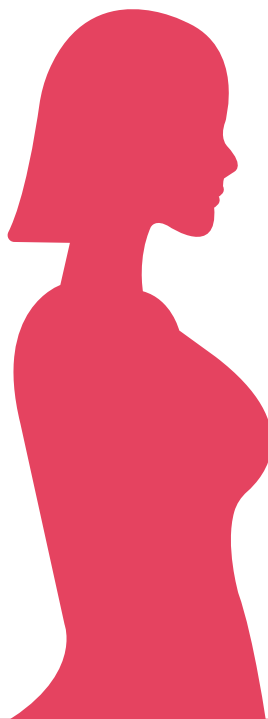
It is estimated that in 2023 there will be:

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 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 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

Women's screening guidelines for Breast Cancer:

ages 30 - 39	ages 40 - 44	ages 45 to 54	ages 55 & up
yearly MRI or mammogram for women at higher risk*	optional yearly mammogram	yearly mammogram	can switch to every other year for mammogram



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

For more information call 860.533.4696

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

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



DID YOU KNOW?

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

SCHEDULE YOUR YEARLY SCREENING TODAY

• Manchester Memorial Hospital
860.872.5150

• Rockville General Hospital
860.872.5150

• Tolland Imaging Center
860.986.4848

• Women's Center for Wellness
860.533.4646