

# HEALTHY IS KNOWING

## BREAST CANCER AWARENESS FACTS

### KEY STATISTICS



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

It is estimated that in 2022 there will be:

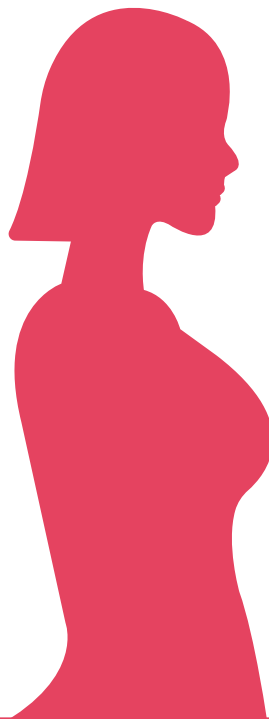
**287,850 NEW CASES** of invasive breast cancer.

**51,400 NEW CASES** of non-invasive breast cancer.

**43,250 DEATHS** from breast cancer.

[www.breastcancer.org](http://www.breastcancer.org)

### 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

### 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.

### ECHN'S BREAST CANCER SERVICES



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

For more information call 860.533.4696.

# 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

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

• Rockville General Hospital  
860.872.5150

• Tolland Imaging Center  
860.986.4848

• Women's Center for Wellness  
860.533.4646