

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
2025 there will be:

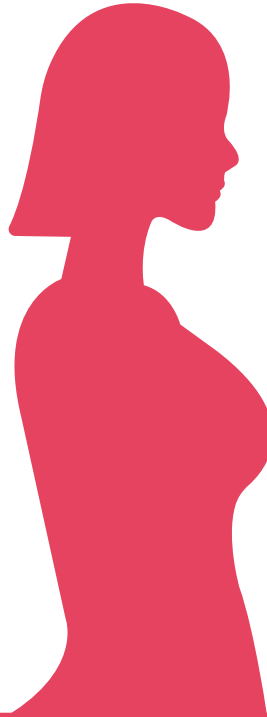
**316,950 NEW
CASES** of invasive
breast cancer.

**59,080
NEW CASES** of
non-invasive breast
cancer.

42,170 DEATHS
from breast cancer.

www.breastcancer.org

KNOW YOUR BODY



If you're experiencing any
of these symptoms, consult
your provider.

- 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
2025 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

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
- 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