

# Breast Cancer: The Facts

## Did You Know?

- Breast cancer is the **2nd leading** cause of cancer death in women, exceeded only by lung cancer. In 2004, about 40,110 women and 470 men will die from breast cancer in the US.
- Being a woman **over 40** is the biggest risk factor for breast cancer.
- **Over 90%** of women with breast cancer survive if the cancer is found and treated early.
- 80% of women who develop breast cancer have **NO family history** of the disease.
- Death rates from breast cancer **have been declining**. These decreases are believed to be the result of **earlier detection** and **improved treatment**.
- A mammogram may detect breast cancer up to **2 years** before you or your doctor can feel a lump.
- Breast cancer also **occurs in men**. An estimated 1,450 cases will be diagnosed in men in 2004.

## Ways to Reduce Your Risk of Breast Cancer:

- **Lose Weight and Eat a Healthy Diet** - Overweight & obesity are associated with an increased risk of developing breast cancer, especially for women after menopause (usually occurs at age 50).
- **Be Physically Active** - Recent studies show that moderate to strenuous physical activity as an adult can lower breast cancer risk. More research is being done to confirm these findings.
- **Drink Less Alcohol** - Use of alcohol is clearly linked to a slightly increased risk of developing breast cancer.
- **Try Breastfeeding** - Some studies suggest that breast feeding may slightly lower breast cancer risk, especially if breast feeding is continued for 1.5 to 2 years. Other studies found no impact on breast cancer risk.

## For More Information:

Contact the American Cancer Society at (734) 971-4300 or visit their website <http://www.cancer.org/> for more information.