



October is Breast Cancer Awareness Month.

FACTS:

- About 1 in 8 women will develop breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.

above facts from:
<http://www.nationalbreastcancer.org/breast-cancer-facts>

FACTORS THAT INCREASE THE RISK OF BREAST CANCER:

- Personal history of breast cancer or non-cancerous breast diseases
- Family history of breast cancer (on either your mother's or father's side of the family)
- Long-term use of hormone replacement therapy
- Treatment with radiation therapy to the breast/chest
- Dense breasts by mammogram
- Drinking alcohol
- Night-shift work

FACTORS THAT DECREASE YOUR RISK:

- Maintaining a healthy weight
- Exercising regularly (30 minutes per day, 5 days per week)
- Limiting alcohol consumption (2-5 drinks per week)

above from:
http://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

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