

Breast Cancer

Cancer Facts & Stats – Samantha Morais (Postdoctoral Researcher)

DID YOU KNOW THAT WORLDWIDE...

- Each year, **2.3 million** women are **diagnosed** with breast cancer and **685,800 die** from the disease.
- Breast cancer is the **most common malignancy** among women.
- Breast cancer is the **leading cause of cancer deaths** in women.



In North America, **1 in 8** women will be diagnosed with breast cancer in their lifetime.

REDUCE YOUR RISK...

There are several **behavioural choices** and **related interventions** you can take to reduce your risk of breast cancer.



- **Eat a healthy diet.**
- Abundant intake of **fruits and vegetables**, and **whole grains**.
- Low intake of red meat and processed meat, sugar-sweetened beverages, and salt.



- **Breast feed.**
- **Prolonged breastfeeding** (one year total across all children) **reduces** the risk of breast cancer.



- **Avoid smoking.**
- All forms of tobacco are **harmful**, there is no safe level of exposure to tobacco.



- **Limit alcohol consumption.**
- Even low levels of **alcohol consumption** (just over one drink a day) can increase the risk.



- **Maintain a healthy weight.**
- **Obesity** increases the risk for breast cancer in **post-menopausal women**.



- **Exercise regularly.**
- Doing **≥30 minutes** of physical activity **per day**.
- Include moderate- and/or vigorous-intensity physical activity and muscle-strengthening activities.

SCREENING FOR BREAST CANCER IS KEY

Mammography screening helps find breast cancer **before any symptoms develop**. A **mammogram** is a low-dose x-ray of the breast and the most reliable way to find breast cancer early in women.

When breast cancer is **diagnosed and treated early**, the chances of **successful treatment** are better. If you are...

- **40 to 49 years old**, **talk to your healthcare provider** about your risk, and benefits/limitations of a mammogram.
- **50 to 74 years old**, have a **mammogram every two years**.
- **75 or older**, **talk to your healthcare provider** to decide if having a mammogram is right for you.

REFERENCES

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