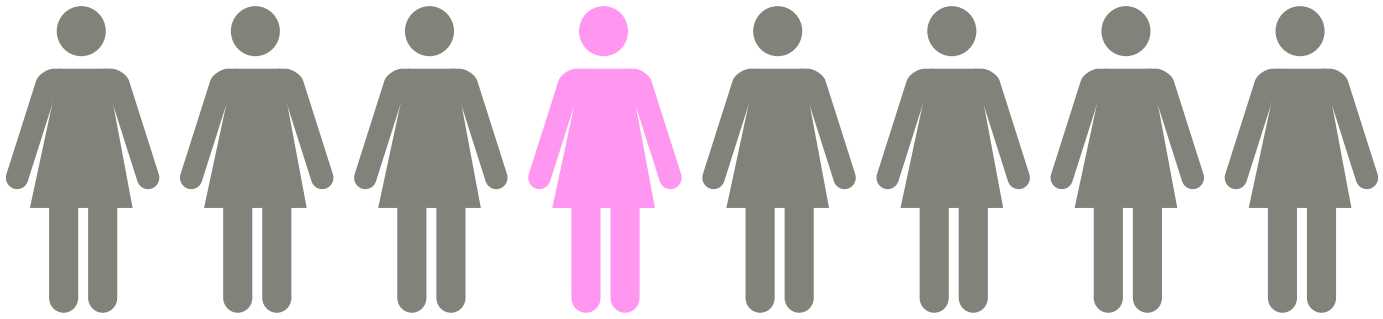


# BREAST HEALTH



About 1 in 8 women in the U.S. will develop invasive breast cancer during her lifetime.

**No. 1**

Breast cancer is the most common cancer among American women, except for skin cancers.

**287,850**

Estimated amount of new cases of invasive breast cancer diagnosed in women.

**55+**

Two of three breast cancers are found in women 55 or older.



**No.2**

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

**Breast cancer survivorship has tripled over the past 60 years.**

## RISK FACTORS

### GENDER

Men can develop breast cancer, but this disease is 100 times more common among women than men.

### AGE

Your risk of developing breast cancer increases as you get older.

### GENETICS

About 5-10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

### FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15% of women with breast cancer have a family member with this disease.

### WEIGHT

Being overweight or obese after menopause increases breast cancer risk.

### RACE

Overall, white women are slightly more likely to develop breast cancer than African American women, but African American women are more likely to die of this cancer.

## HEALTH TIPS



### BREAST DENSITY

Having dense breasts makes your chance for breast cancer four times higher.



### KNOW YOUR FAMILY HISTORY

5-10% of breast cancer is hereditary.



### NUTRITION

Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



### SCREENING

Remember to get annual mammograms and clinical breast exams beginning at age 40.



### WATCH YOUR WEIGHT

Women who have gained 21 to 30 pounds since age 18 are 40% more likely to develop breast cancer than those who haven't gained more than 5 pounds.



### PHYSICAL ACTIVITY

Women who walk briskly for 1.25 to 2.5 hours a week have 18% less risk than women who are inactive.



### ALCOHOL

Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



### SUPERFOODS

City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

## SYMPTOMS

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

To get more breast health information, visit [CityofHope.org/breast](http://CityofHope.org/breast).

If you or a loved one would like to learn more about becoming a patient or getting a second opinion at City of Hope, call 800-826-HOPE (4673).

Source: American Cancer Society

For expert cancer care, visit any one of our City of Hope locations: Duarte (main campus), Antelope Valley, Arcadia, Corona, Glendale, Glendora, Huntington Beach, Irvine Sand Canyon, Long Beach Elm, Long Beach Worsham, Mission Hills, Newport Beach, Newport Beach Lido, Orange County, Palmdale, Pasadena, Riverside, San Bernardino, Santa Clarita, Sherman Oaks, Simi Valley, South Bay, South Pasadena, Temecula, Thousand Oaks, Torrance, Upland, West Covina, West Hills, Wildomar.

For more information, visit [CityofHope.org/locations](http://CityofHope.org/locations).