

Breasts... we all have them!



Do you know how to **take care** of yours?

For more breast health information, visit

www. breastnorth.info 

A Breast Health Passport

When breast cancer is discovered early and treated, the chances of recovery are very good

What can I do?

Learning the facts

- 1 in 9 women will develop breast cancer in their lifetime – this means that if 9 women live to the age of 85 years, one of them will develop breast cancer
- Breast cancer is the most common cause of death by cancer in women under 50
- 8 out of 10 breast cancers are diagnosed in women 50 and over
- Only 5-10% of breast cancer is due to an inherited change in a gene
- About 1% of breast cancer occurs in men
- Breast cancer death rates in Canada have been declining due to improvements in screening and advances in treatment

Understanding my risk

- Being a woman
- Growing older
- Personal history of breast or ovarian cancer
- Breast cancer gene change in the family
- Family history of breast and/or ovarian cancer
- Previous abnormal breast biopsy
- Increased breast density on mammogram
- On hormone replacement therapy 5 years or more
- Fewer births or later age at first birth
- Early menstruation/Late menopause
- Not having breast fed
- Radiation therapy to the chest wall

People who develop breast cancer may or may not have some of these risk factors

Making healthy lifestyle choices

- Maintain a healthy body weight
- Follow a healthy diet
- Be physically active
- Minimize alcohol consumption
- Quit smoking

Recognizing my hereditary risk

A personal or family history of:

- Breast cancer gene change in the family
- Breast cancer diagnosed before the age of 35
- Male breast cancer
- Ovarian cancer at any age
- Breast and ovarian cancer in one person
- Breast cancer in Ashkenazi Jewish families
- Breast cancer in 2 first or second degree relatives under the age of 50
- Breast cancer in 3 or more relatives on the same side of the family

Reporting breast changes

- Lumps or thickening in breast or armpit
- Nipple changes such as turning in, leaking, crusting or scaling
- Redness, swelling or increased warmth
- Dimpling or puckering of the skin
- Any change in breast size or shape

If you have any concerns, talk to your doctor.

