

Breast Cancer Awareness Month



Breast cancer is the second most common cancer in American women. Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk. The main factors that influence your breast cancer risk are being a woman and getting older.

Other risk factors include

- Changes in breast cancer-related genes (BRCA1 or BRCA2)
- Having your first menstrual period before age 12
- Never giving birth, or being older when your first child is born
- Starting menopause after age 55
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years
- Taking oral contraceptives (birth control pills)
- A personal history of breast cancer, dense breasts, or some other breast problems
- A family history of breast cancer (parent, sibling, or child)
- Getting radiation therapy to the breast or chest
- Being overweight, especially after menopause



Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. **Take control of your health and speak to your doctor today.**