

BREAST HEALTH & THE ENVIRONMENT

Factors that Increase Breast Cancer Risk



Age

Risk increases as you get older, especially after age 40.



Family History

Having a close relative with breast cancer (Note: 85% of women who get breast cancer do NOT have a family history).



Hormones

Some medicine or treatments with high amounts of estrogen and progesterin.



Menstruation

Early onset of periods, especially before age 11 or going through menopause later.



Radiation

Radiation therapy to the chest for another cancer between ages 10-30.



Environmental Factors

Exposure to toxic chemicals where we live, work, and play.



Alcohol & Tobacco

Lifestyle habits such as drinking alcohol or smoking tobacco.



Obesity = Breast Density

Obesity in postmenopausal women increases the risk.



Light at Night or Shift Work

Light at night may suppress melatonin production and increase breast cancer risk.

Ways to Decrease Breast Cancer Risk



Weight Control



Balanced Diet



Exercise Regularly



Healthy Lifestyle



Use Glass Containers



Reduce Exposure to Toxins



Use Fragrance Free Products

Toxins that may Increase Risk of Breast Cancer

Air Pollution

Particulate Matter (PM2.5) and Traffic Related Air Pollutions (like nitrogen oxides).



Phthalates & Parabens

These chemicals are commonly found in personal care products.



Bisphenol A (BPA)

BPA is found in plastic products, canned food linings and the shiny side of paper receipts.



Dioxin & Benzene

Burning of gasoline, waste and fossil fuels can produce these toxins.



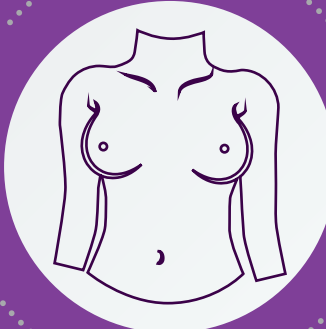
Radiation

Exposure can occur in workplace or medical settings and due to nuclear disasters.



Pesticides & Herbicides

Exposure to some types of pesticides among agricultural workers and women living nearby fields.



What is breast cancer?

Breast cancer is a disease in which the cells in the breast grow out of control and is diagnosed in stages, from 0 being the least developed and 4 being a more advanced stage.

1 IN 8 WOMEN

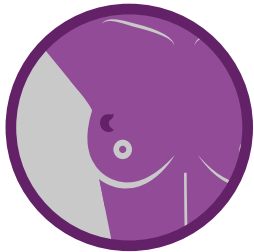


develop breast cancer in the United States

CAUSES of Breast Cancer



Signs and Symptoms



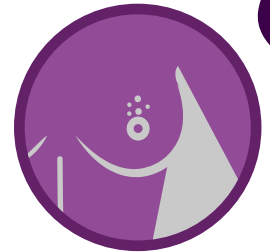
Lump, hard knot or thickening inside the breast or underarm area



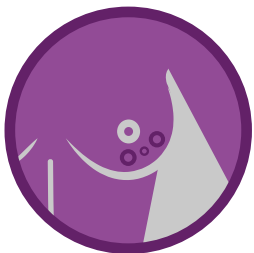
Swelling, warmth, redness or darkening of the breast



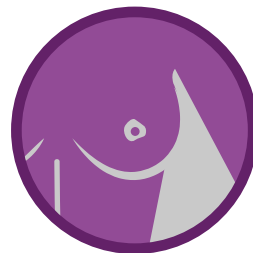
Change in the size or shape of the breast



Itchy, scaly sore or rash on the nipple



Dimpling or puckering of the skin



Pulling in of the nipple or other parts of the breast



Nipple discharge that suddenly starts

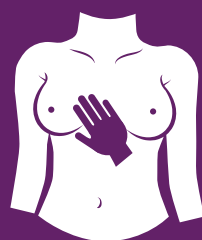


New pain in one spot that does not go away

Screening and Early Diagnosis are the Best Ways to Prevent Breast Cancer

Mammogram

Mammograms are recommended starting at age 40. Women ages 50-74 should get a mammogram every 2 years.



A clinical breast examination by a doctor or nurse is recommended once a year for women over 40. This cannot replace mammograms.

Self-Exam

Self exams are recommended once a month for all women and men in addition to breast cancer screenings.

