

FOCUS ON

BREAST CANCER

One in every eight women will get breast cancer. Although some groups of women are more at risk than others, the fact is that a majority of people diagnosed with breast cancer have no known risk factors other than being female.



Breast cancer is the second leading cause of cancer deaths of American women, and the leading cause of death in women aged 40 through 55.

And yet, when breast cancer is detected early—before it has spread to other parts of the body—the survival rate is over 95%. So it's very important for women to take these steps to detect breast cancer:

- Breast self-exams, beginning by age 20, to become aware of the normal look and feel of your breasts. Be sure to report any changes to your physician.
- Clinical breast exams by a health provider as part of periodic preventive care visits.
- Mammograms every 1-2 years, beginning by age 40 to detect small cancers that may not yet be felt during examination.

Thanks to early detection, over two million breast cancer survivors are living today in the United States.