

Breast cancer: Know your risks

One in 8 women will be diagnosed with breast cancer in their lifetimes.

That can seem scary, but if you know the factors that most affect your risk of breast cancer, you can help to prevent it. And if you do have risk factors, knowing what they are will help you work with your health providers to get the right preventive care.



Images courtesy iStockphoto: Illustration by Clenpies; woman, Diego_cervo

Quick facts on breast cancer risks:

1 The more that you know, the more power you have over your health. Talk to your relatives about the history of breast cancer in your family. Share that information with your doctors.



2 While breast cancer is most commonly found in women after age 70, it can occur at a much younger age.

3 The basics of good health can reduce your risk of breast cancer and other diseases. That means limiting alcohol, not smoking, being physically active, eating well and having a healthy weight.

4 Everyone has breast cancer genes, but only some people have mutations. Depending on your race or ethnicity, you could be at higher risk.

5 Pay attention to changes in your breasts. Pain, discharge, redness, flakiness, lumps, an inverted nipple or irritation may mean that something is wrong. See your doctor right away if you have any of these.

>> For more information, visit www.cancer.gov/breast



HOW CAN WELLNESS@WORK HELP?

- Referrals to local providers/radiologists
 - Promote health strategies that will lower risk factors
- Schedule an appointment through the W@W portal or call 919-968-2796

