

# NAVIGATING BREAST HEALTH



Other than skin cancer, breast cancer is the most common type of cancer among women in the United States. **The average woman has at least a 13% chance of developing breast cancer in her lifetime**, but certain factors can increase that number.

Thankfully, there are steps every woman can take to help protect herself from breast cancer. Learn how to navigate your options to feel confident managing your breast health.

## Risk factors for breast cancer (\* = high risk):

- Uncontrollable: sex, age, height, ethnicity (slight increase for white women), breast density, early menstruation, late menopause, radiation to chest\*, personal history of breast cancer, family history\*, gene mutation for breast cancer\*
- Lifestyle-related: overweight/obesity, lack of exercise, alcohol intake, no full-term pregnancies or first after age 30, no breastfeeding, hormonal contraceptive, hormone replacement therapy

For breast cancer symptoms, a breast health app, and more, got to: [knowyourlemons.org](http://knowyourlemons.org)

*Reduce your risk: Maintain a healthy weight, get regular exercise (30 minutes, 5 days a week), avoid alcohol or limit to one standard drink per day, try breastfeeding if you have children, limit estrogen exposure from hormonal contraceptive/hormonal replacement therapy. High risk individuals should consult with their provider for additional protective strategies.*

## Early detection/Screening:

Screening leads to earlier detection of breast cancer, which means more treatment options and a better chance of survival. Know your options:

- Breast self-exam
- Clinical breast exam
- Mammogram
- Ultrasound
- Breast MRI

## The screening difference:

- **Breast self-exam.** Checking your own breasts for new or unusual changes: a lump, thickness or mass in the breast or underarm, indent, bump, heat/warmth, sores, red and scaly skin, new breast shape or size, unexpected discharge, crusty or sunken nipples.
- **Clinical breast exam.** When a healthcare provider checks for abnormalities during a check-up.
- **Mammogram.** X-ray image. Available in 2-D and 3-D. For women at average risk, begin as early as age 40, and continue yearly or every other year. Discuss with your provider the timing and method that's right for you, based on your unique risk factors.
- **Ultrasound and MRI.** Usually reserved for cases when a screening mammogram comes back abnormal, or potentially for the routine screening of high-risk women.

## FOR MORE INFORMATION:

ABCD: [abcdbreastcancersupport.org](http://abcdbreastcancersupport.org)

American Cancer Society: [cancer.org](http://cancer.org)

Susan G. Komen: [komen.org](http://komen.org)

Wisconsin Well Woman Program: [dhs.wisconsin.gov/wwwp](http://dhs.wisconsin.gov/wwwp)

## You Have the Potential to Prevent Chronic Diseases – And GrapeVine Can Help!

*GrapeVine supports Wisconsin residents by connecting them with trusted health information and resources to help prevent chronic disease and achieve their fullest potential, at any age. For more information visit: [www.wwhf.org/grapevine-participant/](http://www.wwhf.org/grapevine-participant/)*



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