BREAST HEALTH

About one in eight women in the U.S. will develop invasive breast cancer during her lifetime.

No. 1
Breast cancer is the most common cancer among American women, except for skin cancers.

No. 2
Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

3.1 million
Estimated amount of breast cancer survivors in the U.S.

252,710
Estimated amount of new cases of invasive breast cancer diagnosed in women.

55 +
Two of three breast cancers are found in women 55 or older.

RISK FACTORS

GENDER
Men can develop breast cancer, but this disease is 100 times more common among women than men.

AGE
Your risk of developing breast cancer increases as you get older.

GENETICS
About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY
Risk is higher among women whose close blood relatives have this disease.

WEIGHT
Being overweight or obese after menopause increases breast cancer risk.

RACE
Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

HEALTH TIPS

BREAST DENSITY
Having dense breasts makes your chance for breast cancer four times higher.

KNOW YOUR FAMILY HISTORY
5 to 10 percent of breast cancer is hereditary.

NUTRITION
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.

SCREENING
Remember to get annual mammograms and clinical breast exams beginning at age 40.

ALCOHOL
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn’t drink.

SUPERFOODS
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

SYMPTOMS

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

To get more breast health information, visit CityofHope.org/breast

If you or a loved one would like to learn more about becoming a patient or getting a second opinion at City of Hope, call 800-826-HOPE (4673).

Source: American Cancer Society

CityofHope.org/PinkPatchProject
#PinkPatchProject

For expert cancer care, visit any one of our City of Hope locations. Duarte (main campus), South Pasadena, Pasadena, Arcadia, Lancaster (Antelope Valley), Santa Clarita, Palm Springs, Mission Hills, Pomona, Glendora, Corona, Rancho Cucamonga, West Covina.

For more information, visit CityofHope.org/locations.