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

For expert cancer care, visit any one of our City of Hope locations: Duarte (main campus), Antelope Valley, Arcadia, Corona, Glendale, Glendora, Huntington Beach, Irvine Sand Canyon, Long Beach Elm, Long Beach Worsham, Mission Hills, Newport Beach, Newport Beach Lido, Pasadena, Riverside, San Bernardino, Santa Clarita, Sherman Oaks, Simi Valley, South Bay, South Pasadena, Temecula, Thousand Oaks, Torrance, Upland, West Covina, West Hills, Wildomar.

For more information, visit CityofHope.org/locations.

**BREAST HEALTH**

About 1 in 8 women in the U.S. will develop invasive breast cancer during her lifetime.

Breast cancer is the most common cancer among American women, except for skin cancers.

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

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

**281,550**

**55+**

**3.5 million**

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

Breast cancer survivorship has tripled over the past 60 years.

**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 5-10% 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.
  - Less than 15% of women with breast cancer have a family member with 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**
  - 5-10% 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.

- **PHYSICAL ACTIVITY**
  - Women who walk briskly for 1.25 to 2.5 hours a week have 18% less risk than women who are inactive.

**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.**