

# Understanding breast cancer risk



## 1 in 8

women are affected by breast cancer

## 3.5M

women in the US have a history of breast cancer

## >1.7M

new cases were diagnosed in 2020

## Risk factors

### Age

Most breast cancers are diagnosed after age 50.

### Genetic mutations

Having inherited changes to certain genes, such as BRCA1 and BRCA2 increases the risk of developing breast cancer.

### Having dense breasts

Dense breasts have more connective tissue than fatty tissue, which can make it hard to see tumors on a mammogram.

### Taking hormones

Some forms of hormone replacement therapy taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives also have been found to raise breast cancer risk.

### Reproductive history

Having started menstrual periods before age 12, starting menopause after age 55, having a first pregnancy after age 30, not breastfeeding and never having a full-term pregnancy put women at a higher risk of developing breast cancer.



### Personal history

Having had breast cancer increases risk of developing breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of developing breast cancer.



### Family history

Having a mother, sister, or daughter or multiple family members who have had breast or ovarian cancer increases the risk of developing breast cancer.

### Body weight after menopause

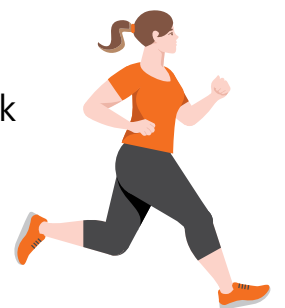
Being an older woman and overweight or obese raises the risk of developing breast cancer.

### Physical activity

Not being physically active increases the risk of developing breast cancer.

### Alcohol consumption

Limiting consumption reduces risk of developing breast cancer.



## Tips to help lower your risk



### Talk with your doctor about taking hormones

Discuss risks and whether hormone replacement therapy and oral contraceptives are right for you



### Maintain a healthy body weight



### If possible, breastfeed your children



### Be physically active



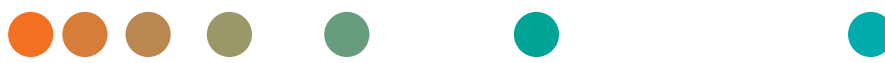
### Limit alcohol



### Discuss family history

Talk with your doctor if you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes

# Important breast cancer information



**1 in 8**   
women are affected by breast cancer



**2<sup>nd</sup>** most diagnosed cancer in women

But, when breast cancer is found early, there are more treatment options and a better chance for survival.

*Women whose breast cancer is detected at an early stage have a 93% or higher survival rate in the first five years.*



## Symptoms

Some warning signs of breast cancer include

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

*If symptoms occur contact your doctor immediately and work with them to implement appropriate treatment and monitoring.*

## Lower your risk

Help lower your risk by taking care of your health in the following ways

- Keep a healthy weight
- Be physically active
- Limit alcohol consumption
- Discuss hormone replacement therapy and oral contraceptives with your doctor and whether they are right for you
- If possible, breastfeed your children
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes discuss it with your doctor
- Talk to your doctor about breast cancer screening tests
- Understand possible symptoms of breast cancer
- If symptoms occur make rapid, accurate diagnoses and work with your doctor to implement appropriate treatment and monitoring

# Mammogram Truths, Myths & Tips



Mammograms are very important for taking care of yourself. But even though these procedures are common, some people may still have misconceptions about them. Here's a quick snapshot of what mammograms are and what they are not:

## Mammograms are:

- One of the best ways to identify breast cancer early, when it is most responsive to treatment.
- A low-dose x-ray that uses a small level of radiation to produce high-quality images of breast tissue.
- A 20–30-minute procedure, from checking in to leaving the facility.
  - The screening procedure itself tends to run about 10 minutes for most patients.



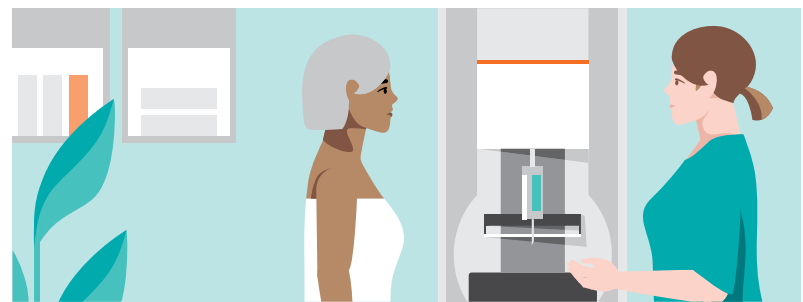
## Mammograms aren't:

- Dangerous
- Time consuming
- Overly painful
  - Everyone's pain threshold is different, but the compression involved in a mammogram is more often described as discomfort, and typically lasts for just a few seconds at a time.

## Tips for preparing for your mammogram

- Schedule your mammogram for when your breasts aren't likely to be tender or swollen, to help reduce discomfort and get good pictures. Avoid the week before your period if possible.
- On the day of the exam, don't apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under your arms or under your breasts. These can affect the imaging results.
- Instead of a dress, you might find it easier to wear a skirt or pants, so that you'll only need to remove your top and bra for the mammogram.

*If you have questions about the mammography technology being used during your exam, talk with your doctor.*



## Comfort and confidence await

Because your provider uses Siemens Healthineers mammography solutions, you have access to systems that offer:

- Images captured from more angles in a single exam, giving your doctor a better view of the breast to help detect more abnormalities sooner
- Customized breast compression for each patient
- Comfortable, rounded paddles that warm up quickly
- A unique imaging process so you don't need to hold your breath during exams
- Calming lighting to help create a more comfortable exam environment

<sup>1</sup>How to prepare for a mammogram: Preparation for mammography (no date) American Cancer Society. Available at: <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammograms-what-to-know-before-you-go.html> (Accessed: November 4, 2022).

<sup>2</sup>4 mammography myths, U.S. Food and Drug Administration. FDA. Available at: <https://www.fda.gov/consumers/womens-health-topics/4-mammography-myths> (Accessed: November 4, 2022).