

# Breast Cancer Fact Sheet

Breast cancer is a type of cancer that originates in the cells of the breasts. According to the American Cancer Society, over 300,000 new cases of breast cancer are expected to be diagnosed this year. That is why it's important to know the facts about breast cancer, risk factors and things you can do to lower your risk.

## Did You Know?

**#1** - breast cancer is the most common cancer in U.S. women (not counting some skin cancers)<sup>1</sup>

**1 in 8** women is at risk for breast cancer<sup>2</sup>

Survival is better than **98%** for women's whose cancer is found early<sup>3</sup>

Yearly mammograms can reduce the risk of dying of breast cancer by **20%**<sup>4</sup>

**40** - age where women can begin to have screening mammograms<sup>5</sup>

**1 in 6** breast cancers occur in women in their 40s<sup>6</sup>

## Risk Factors



### Age

Risk goes up the older you get



### Genetics

5-10% of breast cancer cases are hereditary, resulting directly from gene defects



### Family history

First-degree relationships (mother, sister, daughter) with breast cancer doubles your risk



### Weight







Overweight or obese women have a higher risk



### Dense breasts

Women with dense tissue in their breasts are 1.4x more likely to develop cancer

## Prevention Tips

-  **Exercise daily** – Regular exercise (150 minutes a week) can help regulate hormones and keep the immune system healthier<sup>6</sup>
-  **Limit alcohol intake** – Those who have 2 to 3 drinks a day have about a 20% higher risk compared to women who don't drink alcohol<sup>7</sup>
-  **Eat healthy** – Women who eat more than 5.5 servings of fruits and vegetables each day had an 11% lower risk of breast cancer than those who eat 2.5 or fewer servings<sup>8</sup>
-  **Don't smoke** – Smoking, as well as secondhand smoke, is linked to a higher risk of breast cancer
-  **Conduct monthly self-exams** – In a recent study, 25% of respondents found breast cancer through self-examination<sup>9</sup>
-  **Regular mammograms** – having a yearly exam – gives you the best chance of finding breast cancer early, when it's most treatable<sup>10</sup>

At Baylor Scott & White Health, our team of experts is committed to excellence in the research, prevention, early detection, treatment and pursuit of a cure for patients with breast cancer. As a partner in your health, we provide new and innovative ways to help you take ownership of your health. Our state-of-the-art breast imaging centers in hospitals and facilities located throughout North and Central Texas provide screening and diagnostic services along with consultation, education and treatment options.

### Sources:

- 1 [Centers for Disease Control and Prevention](#)
- 2 [Breastcancer.org](#)
- 3-8 [American Cancer Society](#)
- 9 [International Journal of Cancer](#)
- 10 <https://www.ncbi.nlm.nih.gov>