

Breast Cancer Awareness Month



1/8 Women
are affected by
breast cancer in
their lifetime.

1/100 Men
are diagnosed
with breast cancer
in the U.S.



Signs & Symptoms

- new lump on breast or underarm (armpit)
- irritation or dimpling of breast skin
- pulling in of or pain in the nipple area
- nipple discharge other than breast milk
- flaky skin or redness in the nipple area

Risk Factors

- ⚠ Smoking
- ⚠ Obesity
- ⚠ Alcohol
- ⚠ Family History
- ⚠ Age (50+)
- ⚠ Gender - it is more common in females

Prevention Tips

Practice a **healthy lifestyle. Get screened early on and check your body regularly** for signs/symptoms.