Indigenous Pink

Breast Health

1 in 8 women will get breast cancer in their lifetime

Increased Risks

GENETICS
Inherited DNA changes in genes

GENDER
Being female

FAMILY HISTORY
Mother, sister, daughter has had breast cancer

BREAST DENSITY
High density breasts

AGE
Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations

<table>
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<tr>
<th>Age</th>
<th>Option to begin annual screening</th>
<th>Annual screening</th>
<th>Screening every 2yrs Option to screen yearly</th>
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<tbody>
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<td>40-44</td>
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TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN SCREENING IS BEST FOR YOU.
Breast cancer is the 2nd leading cause of cancer death for American Indian women. A mammogram may save your life.

What can I do?

**BREASTFEED**
Breastfeeding reduces estrogen exposure that helps prevent breast cancer

**WEIGHT CONTROL**
Overweight or obese women are at a higher risk

**REGULAR MAMMOGRAMS**
Women 40+ should have the option to have a mammogram once a year

**EXERCISE**
Exercising 3 days/week may lower your risk

**LIMIT ALCOHOL USE**
Alcohol can increase estrogen which can increase risk

**REGULAR BREAST EXAMS**
Speak to your health care provider for options

American Indian Cancer Foundation.

@AmericanIndianCancer /AmericanIndianCancer @AICAF_org

AmericanIndianCancer.org