



Canadian Breast Cancer Network  
Réseau canadien du cancer du sein

# BREAST HEALTH 101



1 IN 8 WOMEN WILL DEVELOP BREAST CANCER IN THEIR LIFETIME

## WHO GETS BREAST CANCER?



UNDER AGE 50



AGES 50 - 69



OVER AGE 70

## DID YOU KNOW...

MEN CAN GET BREAST CANCER TOO?



People often think that breast cancer is a female disease. The risk is small, but men can get it too. Less than **1%** of breast cancers occur in men.

## YOUR BREAST CANCER RISK IS BASED ON A COMBINATION OF MANY DIFFERENT FACTORS. THESE INCLUDE:



AGE



GENETICS



FAMILY HISTORY

There are many other factors that contribute to a higher risk for breast cancer. These can include **exercise, nutrition, alcohol, breast density, and reproductive history**. Having risk factors does not mean you will get cancer. Speak with your doctor about how you can lower your risk.

## DID YOU KNOW...

HAVING DENSE BREASTS INCREASES YOUR RISK OF GETTING BREAST CANCER?

It can also make it harder to see a tumour on a mammogram. Talk to your doctor about your breast density.

## WHAT ARE THE SCREENING GUIDELINES FOR WOMEN AT AVERAGE RISK?

- **40 - 49:** Talk to your doctor about your personal risks & what is best for you
- **50 - 69:** Every 2 to 3 years
- **70 - 74:** Every 2 to 3 years

## DID YOU KNOW...

KNOWING YOUR OWN BODY IS THE BEST DEFENSE?

If you notice any changes in your breasts (lumps, discharge, discolouration) you should make an appointment to see your doctor.

IF YOU OR A LOVED ONE HAS BREAST CANCER, WE CAN HELP.

EXPLORE OUR RESOURCES AT [CBCN.CA](http://CBCN.CA)

CONNECT WITH US:



1-800-685-8820



[cbcn@cbcn.ca](mailto:cbcn@cbcn.ca)



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