

# Breast Health Tips



## THE FACTS

This year in the U.S., breast cancer is the most common cancer in women, over 200,000 women will be newly diagnosed and over 40,000 will die.

In the U.S., Black women die nearly 42% more from breast cancer and are diagnosed younger.

Black and Latina women are more likely to be diagnosed with more aggressive breast cancer and at a later stage than white women.

## COVID-19 & CANCER

Women are missing breast screenings due to fear of contracting COVID-19. Cancer doesn't wait and survival rates are higher with early detection.

Safely get screened or continue treatment. Talk with your doctor using telehealth appointments about your risk and changes in your breasts.

## OUR MISSION

DC Pink Divas is an award-winning evidence-based training, outreach and patient navigation program combating breast cancer disparities.

"Divas" educate, empower and impact women where they live, work, play and pray to ensure that where a woman lives, will not determine if she lives.

### Educate.

Divas team with cancer patient navigators to educate women, girls and men in their community on breast cancer, provide support and resources.

### Empower.

Divas are empowered through a breast health advocate training to increase access to culturally attuned care to improve health outcomes for women, girls and men in their community.

### Impact.

Divas create a sense of community and sisterhood by hosting breast cancer events within their social networks to impact the lives of women and girls.

## GET SCREENED

Ask your doctor about which screenings are right for you, if you are at a higher risk, when you should have a mammogram or clinical breast exam.

## KNOW YOUR RISK

It's not clear what causes breast cancer.

There are things that may increase risk:

- Getting older
- Genetic mutations (BRCA1/BRCA2)
- Reproductive history
- Having dense breasts
- Personal breast disease or cancer history (atypical hyperplasia or lobular carcinoma in situ)
- Family history of breast cancer (talk to your family to learn your health history)
- Radiation therapy
- Diethylstilbestrol (DES)
- Obese or overweight after menopause
- Taking hormones (birth control pills)
- Drinking alcohol

## KNOW YOUR NORMAL

Know your breasts and what is normal for you.

Tell your doctor if your underarm area, breasts change or if you experience:

- Swelling, warmth, redness or darkness
- Pain in one spot that does not end
- Change in the size, shape or color
- Lump, hard knot or thickening
- Pulling in of nipple or breast
- Dimpling or puckering skin
- Itchy, scaly sore or rash
- Nipple discharge

## GET HEALTHY

Get active, exercise, maintain a healthy weight and healthy lifestyle choices. Breastfeed if you can.

**Contact** Pink Divas at [pinkdivas@irisimpact.org](mailto:pinkdivas@irisimpact.org) or your local health department, hospital or clinic if you need a doctor, screening or resources.

Connect



[pinkdivas@irisimpact.org](mailto:pinkdivas@irisimpact.org)  
[irisimpact.org/pinkdivas](http://irisimpact.org/pinkdivas)



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#DivasSaveLives

Together, We Save Lives.