

Indigenous Pink

▶▶▶▶▶▶▶▶▶▶ Breast Health

1 in 8



women will get breast cancer in their lifetime

Increased Risks

GENDER
Being female



BREAST DENSITY
High density breasts



GENETICS

Inherited DNA changes in genes



FAMILY HISTORY

Mother, sister, daughter has had breast cancer



40

AGE

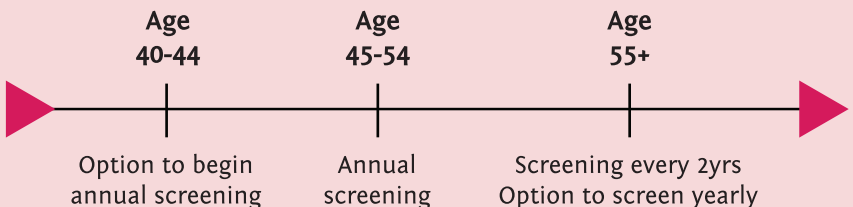
Getting older



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



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.