

# Breast Cancer Awareness Month

## DID YOU KNOW

---

- One in eight women or 12.6% of all women will get breast cancer in her lifetime.
- Breast cancer risk increases with age and **every** woman is at risk.
- Every **13** minutes a woman dies of breast cancer.
- Seventy-seven percent of women with breast cancer are over 50.
- Approximately 1,400 cases of breast cancer will be diagnosed in men in 2000 and 400 of those men will die.
- More than 1.7 million women who have had breast cancer are still alive in the United States.
- Breast cancer is the leading cause of cancer death in women between the **ages of 15 and 54**, and the second cause of cancer death in women 55 to 74. Although white women are more likely to get breast cancer, African American women are the most likely to die of it. Minority women are most likely to have advanced breast cancer when the cancer is first discovered.
- The first sign of breast cancer usually shows up on a woman's mammogram before it can be felt or any other symptoms are present.
- Risks for breast cancer include a family history, atypical hyperplasia, delaying pregnancy until after age 30 or never becoming pregnant, early menstruation (before age 12), late menopause (after age 55), current use or use in the last ten years of oral contraceptives, and daily consumption of alcohol.
- **Early detection** of breast cancer, through monthly breast self-exam and particularly yearly mammography after age 40, offers the best chance for survival. Ninety-six percent of women who find and **treat breast cancer early will be cancer-free** after five years.
- Over eighty percent of breast lumps are **not** cancerous, but benign such as fibrocystic breast disease.
- Oral contraceptives may cause a slight increase in breast cancer risk; however, 10 years after discontinuing use of oral contraceptives the risk is the same as for women who never used the pill.
- Estrogen replacement therapy for more than five years slightly increases breast cancer risk; however, the increased risk appears to disappear 5-10 years after discontinuing the use of estrogen replacement therapy.
- You are **never too young** to develop breast cancer! Breast self-exams should begin by the age of 20.

*For more, visit the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov).*

