



Breast Cancer Awareness

An estimated one in eight women will be diagnosed with breast cancer in their lifetimes. (Breast cancer does occur in men, but it is extremely rare.) While breast cancer can happen to anyone, it may be more likely if you have certain risk factors.

Risk Factors

- A family history of breast cancer, particularly in a mother, sister, or daughter
- Onset of menstruation before the age of 12
- Never having a child or giving birth to a first child after age 30
- A previous history of breast, ovarian, colon, or endometrial cancer
- Excess alcohol (for women, no more than one drink per day is recommended)
- Obesity
- Being 50 years of age or older

Preventative Steps

- A monthly breast self-examination
- An annual clinical breast examination performed by a physician
- An annual screening mammogram beginning around age 40 (may start earlier if there is a family history of breast cancer)



Visit mylifematters.com

- **Access Counseling** to schedule an appointment to talk about fears or worries related to cancer
- Join **Togetherall** to find online support groups for health conditions, emotional stresses, and other areas of concern

Quick Tips:

- **Regular screening is the best way to catch cancer early**
- **Eating healthy meals, exercising, and managing stress may help to minimize cancer risks**
- **LifeMatters is available 24/7/365 to help you cope with your emotional reaction to a cancer diagnosis**

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available

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