

Breast Cancer Awareness Month



Early Detection Saves Lives!



**MOST COMMON
CANCER
IN WOMEN**



**1 out of 8 Women will develop
breast cancer in her lifetime.**

**Catch the
cancer early
with
Breast Cancer
Screening!**

Symptoms USPSTF Screening Guidelines



**NIPPLE
DISCHARGE**



**LUMP IN THE
BREAST**



**SWELLING &
SHRINKAGE IN BREAST**

REDUCE YOUR RISK



Exercise regularly



**Maintain healthy
Weight**



**Regular self-
examinations**



**Avoid Smoking &
Alcohol**

Age: 50-74 Yr

**Mammogram
every two
years**

Age: 40-49 Yr

**Consult Doctor
and
get tested for
Risk factors**

Do you have a first-degree relative that had breast cancer? **You may need screening earlier than the general population**



Positive family history: Screening begins at 40 or 10 years before earliest diagnosis

Suspected or hereditary risk: Screening begins at 25 years of age

5RIVERS HEART ASSOCIATION

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