



Your Health and Wellness

Breast Health

October 2014

The Importance of Breast Health

Being familiar with your body could save your life

Breast health begins with breast awareness, or having a sense of what's normal for your breasts. After skin cancer, breast cancer is the most commonly diagnosed cancer in women in the U.S. With early detection, the breast cancer survival rate is 98%. Early detection includes doing monthly self exams and scheduling regular clinical breast exams and mammograms.

Tips for Healthy Breasts

Follow these important tips to stay healthy

Exercise, exercise, exercise: Fat cells produce estrogen, and high levels have been linked to cancer. Working out can shrink the size of fat cells, so your body produces less estrogen.

Don't lose it over a lump: 4 out of 5 lumps felt in the breast are benign.

Fill up on fruits & veggies: Fruits and veggies are full of antioxidants, which may help fight cancer development.

Drink less alcohol: Studies have shown that women who have 3 or more alcoholic beverages a day are 1.5 times more likely to develop breast cancer than nondrinkers.

Know your breasts: Being familiar with your body can help you spot any changes early.

Get the screenings you need on time: Every woman is different. Talk to your doctor to determine the right exam schedule for you.



Did you know?

Breasts are appearing, on average, a full year sooner than they have in generations past.

The average breast weighs 1.1 lbs and contains 4–5% of the body's fat.

Women have a 1 in 8 chance of getting breast cancer in their lifetime.



Breast Cancer Risk Factors

- Being a woman
- Getting older
- Family history of breast cancer
- Never having children
- Being overweight after menopause or gaining weight as an adult
- Having high bone density
- Starting menopause after age 55
- Being younger than 12 at the time of your first period
- Taking (current or recent use) birth control pills
- Using (current or recent use) menopausal hormones

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