

Be in the K.N.O.W. about **breast cancer**

Breast cancer is the most common cancer in American women, except for skin cancers.

Who gets breast cancer?

Both men and women

can get breast cancer.

Black women have a higher risk of developing and the highest death rate from breast cancer.

Can it be found early?

Breast cancers found during screening exams are more likely to be smaller and less likely to have spread outside the breast.

What are the signs?

- 1 Skin texture changes
- 2 Visible lump
- 3 Color changes
- 4 Nipple inversion or pain
- 5 Discharge from the nipple
- 6 Dimpled skin

Who should get tested?

- **Women 40-44** should start to consider yearly mammograms.
- **Women 45-54** should get yearly mammograms.
- **Women 55 and older** should get mammograms every two years, if otherwise healthy.

What can I do to reduce my risk?



Get to and maintain a healthy weight.



Get moving and exercise regularly.



Avoid or limit alcohol



Breastfeed for several months after childbirth



Limit using hormone medication.