



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)



LifeMatters Resources

- **Call LifeMatters** for immediate, in-the-moment support, available 24/7/365
- 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**

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com • 24/7/365 • CRS TTY: 711

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice. LifeMatters is provided by Empathia, Inc., an independent consultation firm.

