

LET'S BE AWARE

Breast Cancer Awareness Month

LOVE

Other than skin cancer, **breast cancer** is the most common cancer among American women.

While it's not as common, **men can also develop breast cancer.**

HOPE

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.



The World Cancer Research Fund estimates about 20% of all cancers diagnosed in the U.S. are related to body fat, physical inactivity, excess alcohol consumption and/or poor nutrition.

CARE

Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

LIFE

Ways to reduce your risk of breast cancer:

- Get to and stay at a **healthy weight** throughout life.
 - Be **physically active** on a regular basis.
- Make **healthy food choices** with a focus on plant-based foods.