WORKING FOR A HEALTHIER TN

Breast Cancer Awareness

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

For many women, **mammograms** are the best way to find breast cancer early, when it's easier to treat and before it's big enough to feel or cause symptoms.

Nearly 20 percent of U.S. cancer diagnoses are related to excess body weight, alcohol intake, poor diet and physical inactivity.

CARE

Symptoms can include:

- Any change in the size or 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.