

Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women. 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. While it's not as common, men can also develop breast cancer.

Signs and symptoms

There are different symptoms of breast cancer and some people have no symptoms at all. 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.

If you have any signs that worry you, see your doctor right away.

How much do daily habits like diet and exercise affect your risk?

Much more than you might think, according to the American Cancer Society. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the U.S. are related to body fat, physical inactivity, excess alcohol consumption and/or poor nutrition.

Ways to reduce the risk of breast cancer in women and men:

- 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.

Staying healthy throughout your life will lower your risk of developing cancer and improve your chances of surviving cancer if it occurs.



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