

BREAST CANCER

Did you know that in Canada?

25% Breast cancer is the **most common** cancer in females, accounting for about **25%** of all female cancer diagnoses

Breast cancer is the **second** leading cause of cancer death in females, causing about **14%** of all cancer deaths



It is also the **most common** cancer, and the **leading cause** of cancer death in **younger women** aged 30-49 years



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An active and healthy lifestyle
in combination with regular
breast screening are important
steps you can take for your
breast health
”

Risk Factors to work on!

Remember that some risk factors cannot be changed

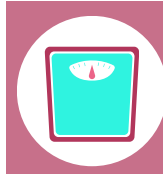
- These include being **female** and **getting older**; starting your **period earlier** or having a **late menopause**
- Your risk also increases if your **mother or sister** had breast or ovarian cancer; or if you have inherited **genetic mutations**



PHYSICAL INACTIVITY
Physical inactivity increases breast cancer risk in both pre-menopausal and post-menopausal women



ALCOHOL USAGE
Breast cancer risk increases in women who consume alcohol



EXCESS WEIGHT
Living with excess weight or obesity increases the risk for breast cancer in post-menopausal women



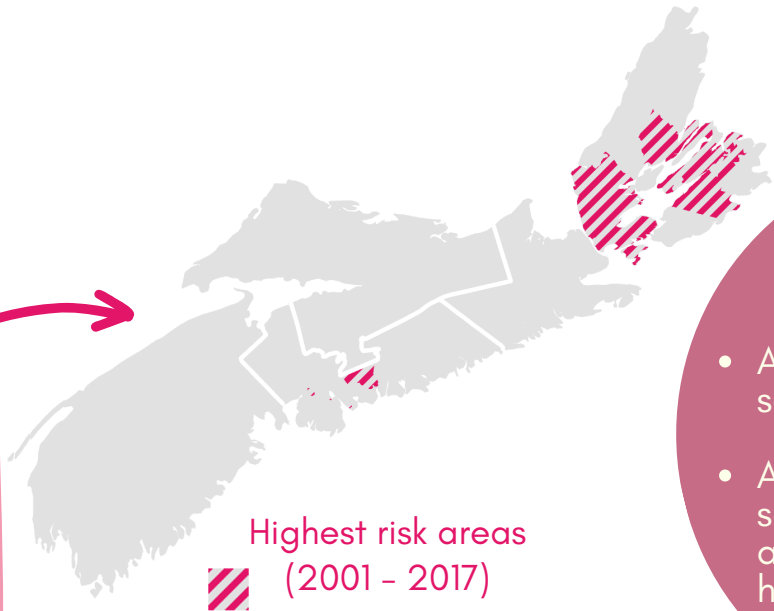
HORMONE EXPOSURE
Long-term use of hormone replacement therapy in post-menopausal females can raise breast cancer risk



BREASTFEEDING
Breastfeeding your baby lowers your risk of developing breast cancer

How about Nova Scotia?

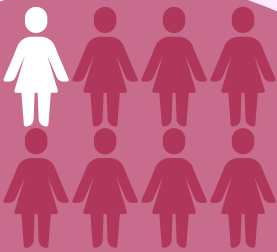
- The rate of breast cancer incidence has declined 0.6% per year since 1998
- Breast cancer occurs throughout Nova Scotia. However, a persistently higher rate is observed in parts of Inverness, Victoria, Cape Breton, Richmond, and Halifax counties
- Nova Scotia can expect over **8,000** cases of breast cancer in the next 10 years



Screening Recommendation

- Age 40-49 : Annual screening mammogram
- Age 50-74 : Biannual screening mammogram; annual if strong family history

How can I manage my risk of Breast Cancer?



- 1 in 8 females (**12%**) is expected to be diagnosed with breast cancer in their lifetime
- Screening saves life. It can help find cancer at an early stage; improving the chance of cure



MAINTAIN A HEALTHY WEIGHT



CHOOSE TO BREASTFEED YOUR BABY IF POSSIBLE



INCREASE PHYSICAL ACTIVITY



HAVE REGULAR SCREENING MAMMOGRAMS



DO NOT DRINK ALCOHOL



EAT A HEALTHY DIET



SEEK MEDICAL ADVICE IF YOU HAVE A FAMILY HISTORY

