

# 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



*“ 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**



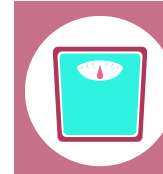
### PHYSICAL INACTIVITY

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

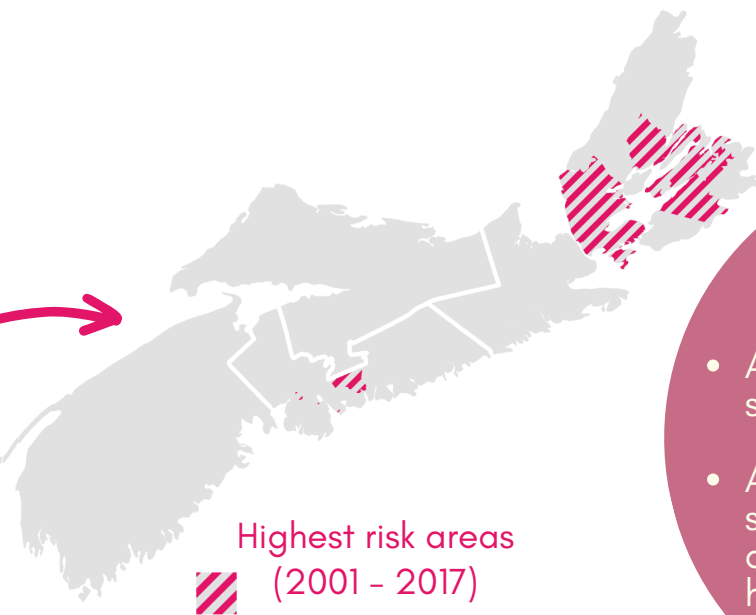


### BREASTFEEDING

Breastfeeding your baby lowers your risk of developing breast cancer

## How about Nova Scotia?

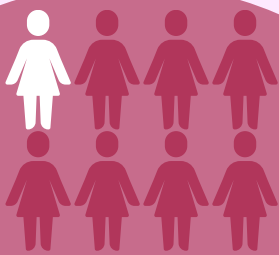
- The rate of breast cancer incidence has declined 0.6% per year since 1998
- Breast cancer occurs throughout Nova Scotia. However, a persistently higher rate is observed in parts of Inverness, Victoria, Cape Breton, Richmond, and Halifax counties
- Nova Scotia can expect over **8,000** cases of breast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



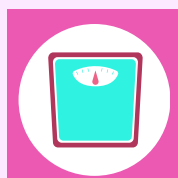
## Screening Recommendation

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

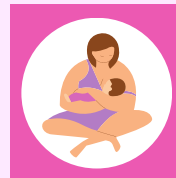
## How can I manage my risk of Breast Cancer?



- 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**

