

ADELPHI NY STATEWIDE  
BREAST CANCER  
HOTLINE & SUPPORT PROGRAM

800.877.8077



## BREAST CANCER *Basics*

**1 IN 8 WOMEN**  
*will be diagnosed with breast cancer in their lifetime.*

Although it is about  
100 times more  
common in women,  
**MEN CAN GET  
BREAST  
CANCER.**



will be diagnosed  
this year.

**Breast Cancer** remains one  
of the most common cancers  
in women no matter your race  
or ethnicity.



*-However-* **African American** and **Hispanic**  
women are more likely to be  
diagnosed with **later stage breast  
cancers** and larger tumors.



**Most people  
SURVIVE  
Breast Cancer.**

**THERE ARE  
MORE THAN  
3.1 million  
Breast Cancer  
Survivors  
in the  
United States.**

## RISK FACTORS

Gender

Age

Genetics and  
Family History

Having Dense Breasts

Being Overweight

Alcohol Consumption

## COMMON SYMPTOMS of breast cancer

Dimpling

*A Lump*

Swelling

Redness

Discharge

## WHAT YOU CAN DO



Eat lots of fruits, vegetables & whole grains. Limit meats & processed foods.



An active lifestyle may lower your risk of breast cancer.



Watch out for toxic chemicals in personal & household products.



Limiting alcoholic beverages to no more than 1 a day may lower your risk of breast cancer.



Know your body and advocate for yourself. Be aware of what's normal for you and tell your doctor about any changes.



Many women with breast cancer have no symptoms. This is why it's so important to get your annual mammogram.

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For more information, resources & support,  
contact us at **800-877-8077**.



[breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)