

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
3.8 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.

Adelphi Breast Cancer Program
Adelphi University, School of Social Work
One South Avenue, PO Box 701
Garden City, NY 11530

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



breast-cancer.adelphi.edu