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.

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.
COMMON SYMPTOMS of breast cancer

- Dimpling
- A Lump
- Swelling
- Redness
- Discharge

RISK FACTORS
- Gender
- Age
- Genetics and Family History
- Having Dense Breasts
- Being Overweight
- Alcohol Consumption

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

breast-cancer.adelphi.edu