

BREAST CANCER

AWARENESS MONTH

Breast Cancer Awareness Month educates individuals and families about the risks of breast cancer, the value of screening and early detection, and the treatment options available to persons diagnosed with the disease.

About 1 in 8 women will develop invasive breast cancer during their lifetime. In 2018, an estimated 266,000 new cases of invasive breast cancer are expected to be diagnosed in women and 2,550 are expected to be diagnosed in men.



Breast cancer is second only to skin cancer as the most commonly diagnosed cancer among American women, comprising almost 30 percent of newly cases.



As it relates to mortality, breast cancer is the second leading cause of cancer death nationally among women, second only to lung cancer.



By race, breast cancer incidences are highest among White women followed closely by African-American women. Mortality rates are highest for African Americans.

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By race, breast cancer incidences are highest among White women followed closely by African-American women. Mortality rates are highest for African Americans.



Breast cancer is the most commonly diagnosed cancer among South Carolina women, accounting for an estimated 4,500 newly diagnosed cases in 2018.



In 2018, it is estimated that over 700 South Carolina women will die from breast cancer.

Both breast cancer incidence and mortality rates have decreased significantly since 1990. Much of these declines are the result of early detection through screening, advances in medical diagnosis and treatment technology, and increased awareness generated by national and state agency health prevention efforts.

WHAT CAN YOU DO?

There are many factors that can affect your breast cancer risk. While you cannot change contributing factors like age, family history or genetics, you can lower your risk of breast cancer by taking charge of your health.

1. Eat a healthy diet.
2. Don't drink alcohol and if you do, limit yourself to one drink a day.
3. Maintain a healthy weight.
4. Exercise at least four days a week.
5. Get 6-8 hours of sleep each night.
6. Avoid exposure to chemicals that can cause cancer like carcinogens, which are commonly found in cigarettes.
7. Limit exposure to radiation if not medically necessary.
8. Breastfeed your infant children, if possible.
9. Perform a self-breast exam at least once a month.
10. Get regular breast cancer screening tests, such as a clinical breast exam by your healthcare provider, mammogram, ultrasound and/or MRI.

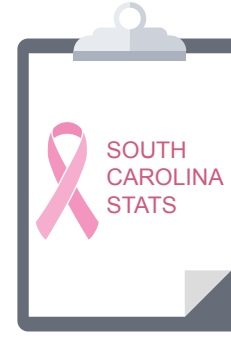
MORE INFORMATION

American Cancer Society | www.cancer.org

United States Breast Cancer Statistics | www.breastcancer.org

SC Department of Health and Environmental Control | www.scdhec.gov

United States Centers for Disease Control and Prevention | www.cdc.gov



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