

OCTOBER IS BREAST CANCER AWARENESS MONTH

The Susan G. Komen Breast Cancer Foundation recommends a 3-step approach to breast cancer screening that includes:

- Annual mammograms beginning at age 40.
- Clinical breast exam at least every 3 years beginning at age 20, and annually from age 40 on.
- Monthly breast self-exam beginning by age 20.

Women with a family history of breast cancer or other concerns about their personal risk should consult with a health care provider. Screening tests may need to be done more often and/or started earlier than usual.

- An estimated 211,240 new cases of invasive breast cancer are expected to occur among women in the United States this year.
- An estimated 40,410 women will die from breast cancer.
- It is estimated that 1,700 men will be diagnosed and 460 men will die of breast cancer this year.
- At this time there are slightly more than two million women living in the United States who have been diagnosed with and treated for breast cancer.
- Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths.
- Breast cancer is the leading cause of cancer deaths among women ages 40-59
- When breast cancers are discovered at an early, "localized" stage and treated (the current standard of treatment for early-stage breast cancer is lumpectomy followed by radiation), there is a 97% rate of five-year survival.



ONLINE RESOURCES:

www.komen.org
www.cancer.org