

FOR TEENS

rpoci tipsheet

Today, the **U.S.** has more than **2.5 million** **breast cancer survivors** due to advances in early detection & treatment of breast cancer.

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Did You Know?

- Breast cancer begins when cells in the breast grow out of control and form a tumor.
- A woman who has breast cancer may have no symptoms, or she may find a painless lump in her breast.
- Most lumps or changes in the breasts that occur when you're a teen are normal and are typically found during a menstrual period. If lumps grow or do not vary with a menstrual cycle, make an appointment to be examined by a physician.
- Although it's most common in women, men can develop breast cancer, too!

Be Proactive

- Get to know your body! Being aware of your body and caring today will make for a healthier tomorrow.
- Doctors recommend that women ages 40 and up have regular clinical breast exams and mammograms to check for breast cancer. Encourage your mom, aunts and other female loved ones to get checked!



Get Movin'!
Women who are physically inactive throughout life may have an increased risk of breast cancer.

RISK FACTORS...

Breast cancer is **rare in women under the age of 35**, but it's important to know some of the risk factors.

- 1. Age:** The chance of getting the disease increases as you get older. Most women are over 60 when they're diagnosed.
- 2. Family health history:** If your mother, father or sister had breast cancer, or if cancer runs in your family, your risk may be increased.

Remember – having risk factors does not mean you will get breast cancer. Most women who develop breast cancer have no risk factors at all.

What can you do now?

Lower your risk for breast cancer by:

- Following a healthy diet
- Limiting alcohol
- Exercising regularly
- Not smoking
- Maintaining a healthy weight
- Having regular checkups

Studies suggest that the more alcohol a woman drinks, the greater her risk of breast cancer.



Resources

A website designed specifically for young people who want to get involved and help create a world without cancer: www.yroswell.com

Whether you have cancer or know someone with cancer, find support at: www.cancercares.org

Honest, accurate info and advice about health, emotions and life: www.kidshealth.org

Breast cancer facts and figures from the National Cancer Institute:
www.cancer.gov/cancertopics/wyntk/breast

An overview of breast cancer from the American Cancer Society:
www.cancer.org/cancer/breastcancer/index

General cancer information and resources for adolescents and young adults with cancer: www.cancer.gov/cancertopics/aya



Yroswell.com
for a world without cancer

Meet the Doctors

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To receive cancer information, please call the Cancer Information Program at 1-877-ASK-RPCI (1-877-275-7724) or e-mail us at ASKRPCI@RoswellPark.org.