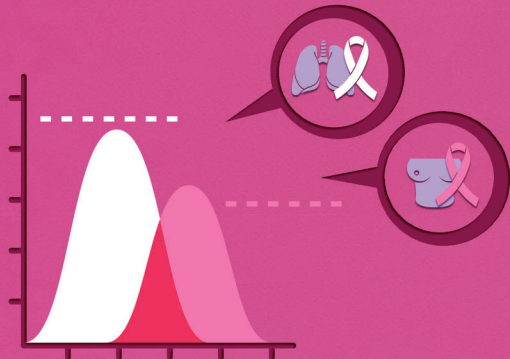


# 5 FAST FACTS ABOUT BREAST CANCER

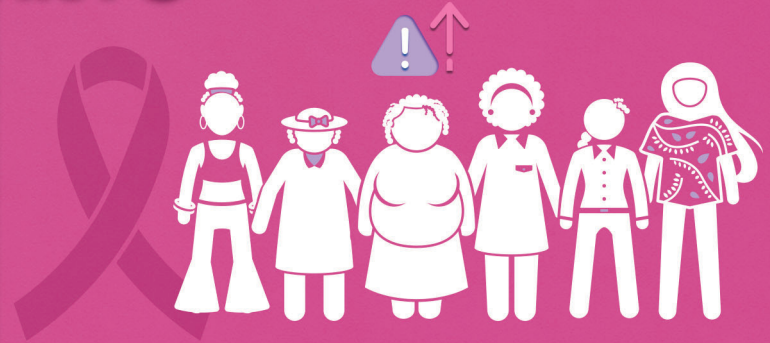
## FACT ✓



Breast cancer is the #2 cause of death among women, after lung cancer.

While **most** breast cancer happens in women, **men can get it too**. About 1% of all breast cancer cases and deaths happen in men.

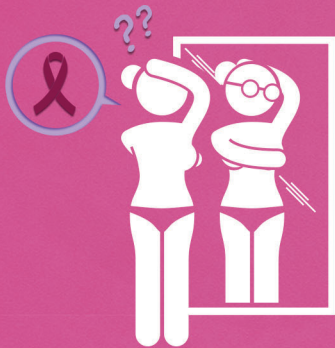
## FACT ✓



More Black women die from breast cancer than any other group.

They also have a **higher chance** of developing it before age 40, compared to white women.

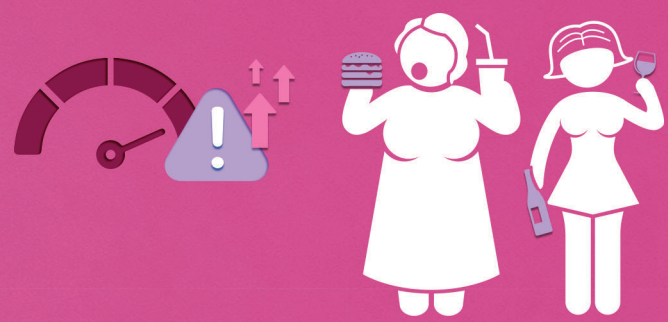
## FACT ✓



Most breast lumps are not cancer and are not life-threatening.

But **all breast lumps** need to be checked out by a doctor. Certain kinds of lumps may increase the risk of breast cancer later on.

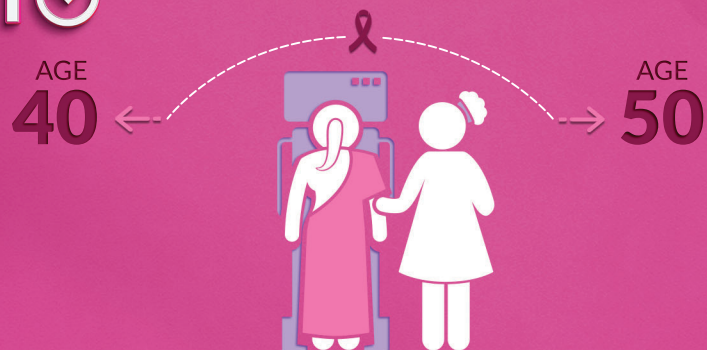
## FACT ✓



Unhealthy habits raise the risk of breast cancer.

Drinking alcohol and skipping regular exercise have both been shown to **raise the risk** of breast cancer. Having a first child after 30, not breastfeeding, and being overweight after menopause can also raise someone's risk.

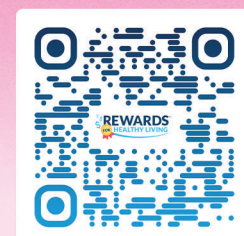
## FACT ✓



Healthy people should begin having regular mammograms between ages 40 to 50.

This is the latest recommendation from breast cancer experts. **Regular screening works!** Fewer people are dying from breast cancer, thanks in part to more testing. Ask your doctor when you should start.

Register today to learn more about breast cancer.



**Already registered?**

Log in now: [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com)

**Still need to sign up?**

Go to [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com) and follow the instructions.