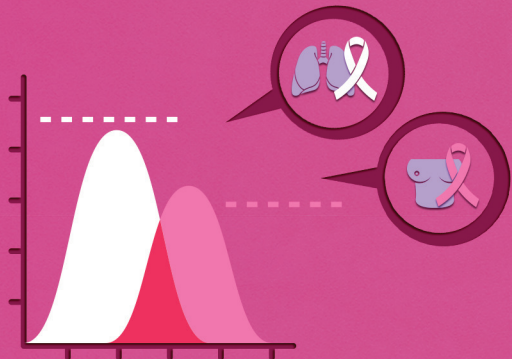


5 FAST FACTS ABOUT BREAST CANCER

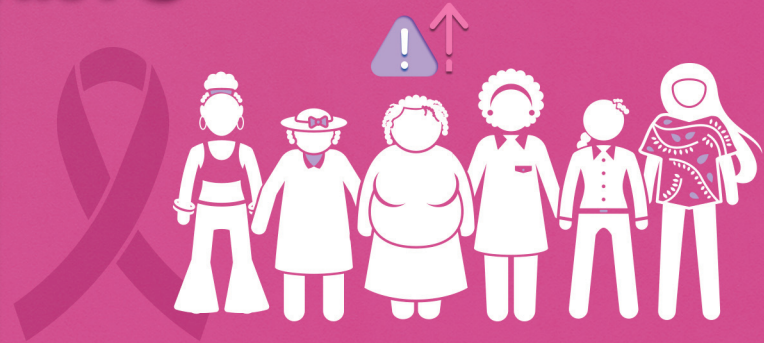
FACT ✓



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.

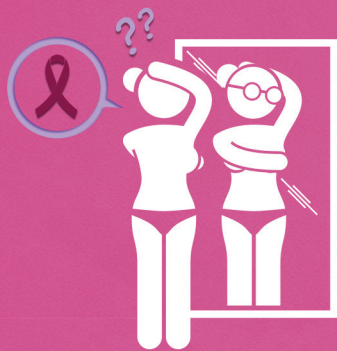
FACT ✓



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.

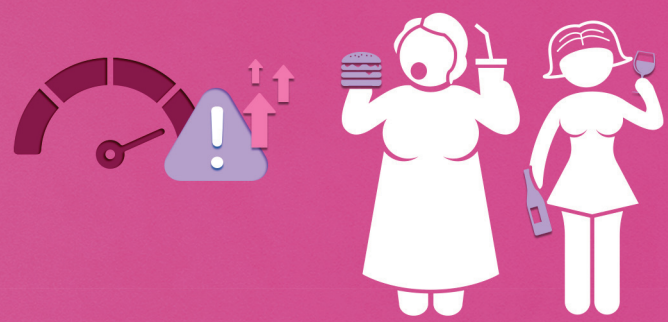
FACT ✓



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.

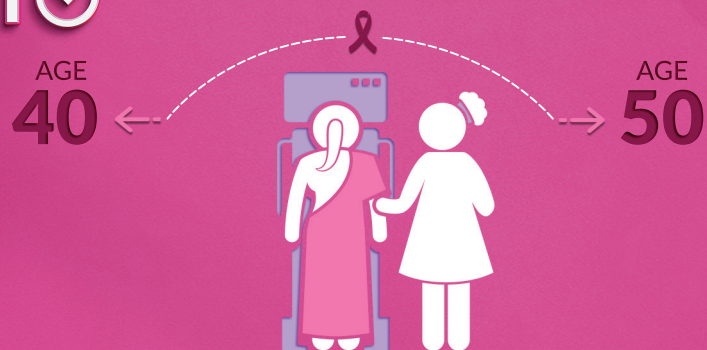
FACT ✓



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.

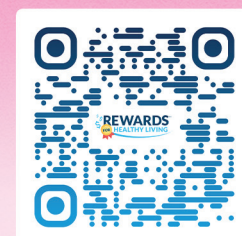
FACT ✓



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

Still need to sign up?

Go to rewardsforhealthyliving.com and follow the instructions.