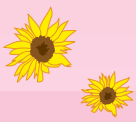


YOUNG WOMEN...

get breast cancer too!



Choices you make today may have a big influence on your future risk of breast cancer



UNMODIFIABLE RISK FACTORS

- being female
- increasing age
- dense breast tissue
- strong family history of breast or ovarian cancer
- African heritage, Ashkenazi Jewish descent
- early start to menstruation (< 12 years of age)
- genetic mutations (e.g., BRCA1, BRCA2)
- previous biopsy showing pre-cancerous breast changes
- previous high levels of radiation exposure to the chest



MODIFIABLE RISK FACTORS

- poor diet/unhealthy weight
- physical inactivity
- tobacco use/exposure to secondhand smoke
- alcohol misuse/abuse
- use of oral contraceptive
- delayed childbirth/not breastfeeding
- emotional stress levels



Discuss known breast cancer risks with your health care provider!

TAKE CARE OF YOURSELF ❤️



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