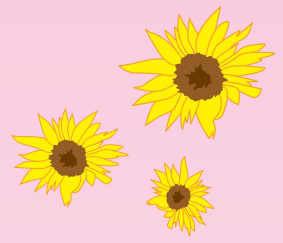


BREAST CANCER...

not just a disease of older women



**KNOW
YOUR
RISK**

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



UNCONTROLLABLE RISK FACTORS

- being female
- increased age
- born in North America or Northern Europe
- strong family history of breast or ovarian cancer
- African heritage
- 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



CONTROLLABLE RISK FACTORS

- poor diet/unhealthy weight
- physical inactivity
- tobacco use/exposure to second hand smoke
- alcohol misuse
- use of oral contraceptive
- delayed childbirth/not breastfeeding



Discuss known breast cancer risks with your health care provider!

TAKE CARE OF YOURSELF ❤️



visit
teamshan.ca

