

Breast

Cancer

Awareness



SCREENING AND EARLY DETECTION

Early detection helps fight breast cancer. The Canadian Cancer Society recommends the following breast cancer screening guidelines:

If you are: You should:

40 to 49

Have a clinical breast examination by a trained healthcare professional at least every 2 years.

Talk to your doctor about your risk of breast cancer, along with the benefits and risks of mammography.

50 to 69

Have a clinical breast examination by a trained healthcare professional at least every 2 years.

Have a mammogram every 2 years.

**70 or
older**

Talk to your doctor about how often you should be tested for breast cancer.

Screening mammography and clinical breast examinations are the most reliable methods of finding breast cancer.

What is a screening mammogram?

A screening mammogram is a low-dose x-ray of the breast, taken on a regular basis, in women who have no noticeable breast problems.

The x-ray can find changes in the breast, including some breast cancers, at an early stage when they may be too small to see. For most women, the x-ray will be normal and show no sign of changes.

Why have a screening mammogram?

Regular mammograms can help to find small breast cancers before there are other signs and symptoms. If breast cancers are found at an early stage, there may be a better chance of a successful treatment.

As well, finding cancer early may allow for more treatment options, such as breast conserving surgery or less aggressive treatment.

RISKS AND RISK REDUCTION

Currently, the precise causes of breast cancer are not known but the likelihood of developing breast cancer has been linked to a number of risk factors. Remember, a risk factor does *not* mean you will necessarily develop breast cancer.

However, some women who are diagnosed have no identifiable risk factors other than being a woman.

NON-MODIFIABLE RISK FACTORS	MODIFIABLE RISK FACTORS
<ul style="list-style-type: none">• Female• Over 50 years old• Personal breast cancer history• Family history of breast or ovarian cancer• Proliferative breast conditions• Dense breast tissue (shown on a mammogram)• Early menstruation Late menopause	<ul style="list-style-type: none">• Radiation exposure to chest area• Reproduction after the age of 30• Breastfeeding• Have taken hormone replacement therapy• Have taken birth control pills• Obese• Inactive• Excessive alcohol consumption• Tobacco Smoke

HOW YOU CAN HELP

- **DONATE** – Whether you are making a regular or one-time donation, there are a variety of ways you can give.
- **PARTICIPATE** – Join the **Canadian Breast Cancer Foundation CIBC Run for the Cure**, support a community event, or plan one of your own. www.runforthe cure.com
- **VOLUNTEER** – There are numerous volunteer positions at the Foundation. It's a great way to support this important cause in your community.
- **SHOP FOR THE CURE** – By purchasing select quality merchandise from our partners, you are helping to make a difference.
- **COOK FOR THE CURE** – Register and host a party and KitchenAid® Canada will donate \$50 to the Canadian Breast Cancer Foundation.

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