

Breast Cancer Awareness

October is National Breast Cancer Awareness Month. This year, NorthShore University HealthSystem is raising awareness about the importance of both early detection and prevention.



Take a brief tour through the history of breast cancer before discovering some changes you can make now to reduce your risk of developing the disease.

THE FACTS

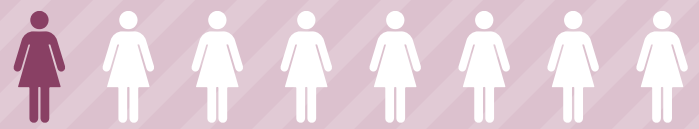


2.5 million

breast cancer **survivors** live in the US.

232,000+

new cases of breast cancer in women will be diagnosed in 2013.



Approximately **1 in 8** women will **develop breast cancer** in their lifetime.



Almost **30%** of cancers in women are **breast cancers**.

A BRIEF HISTORY

3000 BC



First historical record of breast cancer is made by the Egyptians.

1700s



French surgeon, Jean Louis Petit, performed one of the first mastectomies.

1940s



Modern chemotherapy is developed to fight cancer.

1990s



Scientists discovered specific genetic factors that are closely associated with breast cancer.

PREVENTION



BREAK THE HABIT

New cases of breast cancer in women are

24% higher in smokers than nonsmokers



13% higher in former smokers than nonsmokers.

EAT A HEALTHY DIET

A diet consisting of mostly fresh produce & **limited** red meat, sodium and processed carbs reduces breast cancer risks by **20%**.



GET YOUR VITAMIN D

High vitamin D intake is associated with a **50%** drop in risk of developing breast cancer.

Good sources:

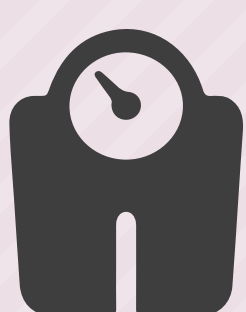
Limited sun exposure
Salmon
Tuna
Fortified milk
Fortified cereal



FIBER UP



Increasing daily fiber intake by 10 grams can decrease breast cancer risks by **7%**.



MAINTAIN A HEALTHY WEIGHT

Women who have gained over **60 pounds** after the age of 18 **DOUBLE** their risk of developing post-menopausal breast cancer.

WALK OFF YOUR RISK

Walking briskly for

1.25 - 2.5 hrs/week

reduces breast cancer risk by **18%**.



GET SCREENED



If all women over the age of 50 had yearly mammograms, breast cancer deaths would drop by at least **25%**.

HOLD THE ALCOHOL



Having **2 - 5** drinks per day increases the risk of developing breast cancer by **1.5x**.

SOURCES

www.northshore.org

www.cancer.org

health.usnews.com

www.healthcentral.com

ww5.komen.org

www.breastcancer.org

www.mayoclinic.com

assets.cambridge.org