

# Be Educated and Empowered When It Comes To BREAST CANCER

## FAMILY HEALTH HISTORY

If you have a family history of certain cancers, including breast cancer, there might be a genetic factor that increases your risk. A mutation in certain genes could cause cells to grow out of control, leading to the development of cancer.



Genes that increase the risk of breast cancer are

**BRCA1**

**BRCA2**

**BRCA**

BReast CAnCER

BRCA stands for BReast CAnCER gene.

## KNOW YOUR BODY

Be sure to do monthly self-exams of your breast; it's the best way to support early detection and treatment. Knowing your body is key.



## OTHER RISK FACTORS

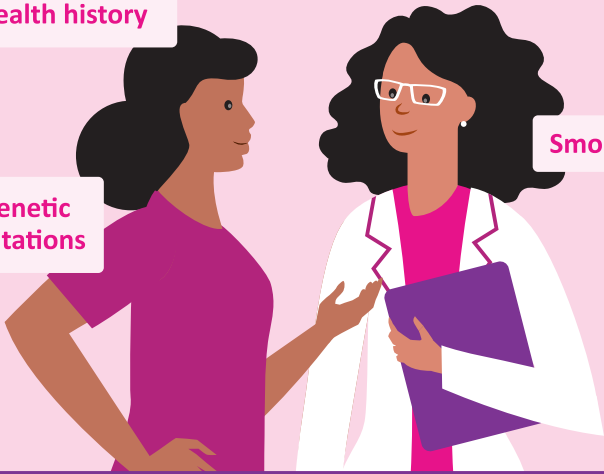
Dense breast tissue

Taking hormones

Reproductive health history

Smoking

Genetic mutations



Some women will develop breast cancer even without any other known risk factors.

## HEALTHY LIFESTYLE & RISK REDUCTION

Living a healthy lifestyle can reduce your risk of developing breast cancer



LIMITING ALCOHOL



STAYING ACTIVE



HEALTHY DIET



AVOIDING SMOKING



## SCHEDULING APPOINTMENTS

Routine mammograms should be done by all

**+40**

women over the age of 40

**BRCA**

younger women who have a family history of breast cancer

But even if you are younger and have a family history of breast cancer, you should be getting checked too.

**Doctors can treat the disease better if they find it earlier.** Sometimes, early breast cancer shows no symptoms. If you notice symptoms of breast cancer, it's important to see your doctor as soon as possible.



EnlightenHer Health: Empowering Wellness through Knowledge  
Learn more at: [www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org)