

Breast Cancer:

Prevention & Screening
Identify, Reduce, Prevent



What is breast cancer?

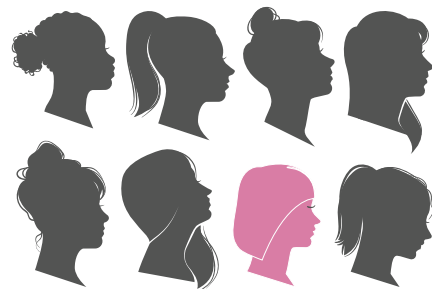
Breast cancer begins when healthy breast cells change and grow out of control, usually forming a mass called a tumor. Breast cancer is the most common cancer in women in the United States, except for skin cancers. Men can also develop breast cancer.

What you should look out for?

- A lump or pain in the breast
- Thickening or swelling in part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin on the breast
- Pulling in of the nipple or pain in the nipple area
- Fluid other than breast milk from the nipple, especially blood
- A change in size and shape of the breast

What you can do about it:

- If you have a family history of breast cancer talk to your doctor about genetic testing and other ways to lower your risk
- Keep a healthy weight
- Exercise regularly
- Limit alcoholic drinks
- Breastfeed your children
- Become familiar with how your chest looks, and note any changes that occur
- Mammogram
- Breast Magnetic Resonance Imaging (MRI)
- Know what is normal for your breasts:
www.acog.org/womens-health/faqs/mammography-and-other-screening-tests-for-breast-problems



1 in 8*

women will be diagnosed
with breast cancer during
their lifetime.

GET SCREENED

To learn more, you can call, text, scan, or visit to get started today!

Text: "SCREEN" to 43386

Call: 833.727.3665

Visit: go.rutgers.edu/BreastCancer

Scan:



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Sources:

https://www.cdc.gov/cancer/breast/basic_info/index.htm

<https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>