

# THINK PINK!



Breast cancer is the most common cancer in women, regardless of your race or ethnicity. Among Hispanic women, it is the most common cause of death from cancer. According to the CDC, 237,000 women and 2,100 men are diagnosed with breast cancer every year. Of those, 41,000 women and 450 men die from breast cancer. Many people don't realize that men can also get breast cancer. Although less developed than women, men have breast tissue that can form cancerous tumors. It is important for men to also perform self-exams for early detection.

## SIGNS AND SYMPTOMS

Lumps are typically associated with cancer, but the majority of the time they are benign. Common causes of lumps include: infection in the breast, fibroadenoma (benign tumor), fat necrosis (tissue that is damaged), or fibrocystic breast disease (lumpy breast). Even though lumps can be caused by less severe conditions, lumps are still the MOST common symptom of breast cancer.

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**CANCER IS A DISEASE IN WHICH CELLS IN THE BODY GROW OUT OF CONTROL.**

**BREAST CANCER IS ONE OF THE MOST COMMON CANCERS IN AMERICA WOMEN.**

## RISK FACTORS

- Age
- Alcohol Consumption
- Being Overweight
- Physical Inactivity
- Oral Contraceptive Use
- Genetics/Family History
- Menstruation At A Young Age
- Childbearing Later In Life

**HARD LUMPS ARE THE MOST COMMON SYMPTOM IN MEN AND WOMEN.**

**MEN USUALLY DON'T CHECK THEMSELVES REGULARLY FOR EARLIER SIGNS.**



# TAKE ACTION NOW

## SELF-EXAM

All women and men are encouraged to perform breast self-exams at least once per month. The best time for women to check is a couple of days after your period when breasts are swollen. For men, choose a specific day each month. Become familiar with your breasts – the more you know about how they look and feel, the easier it is to notice any changes. This can help you detect problems early on. You can check your breasts in the shower, in front of a mirror, or lying down.



*In the shower*

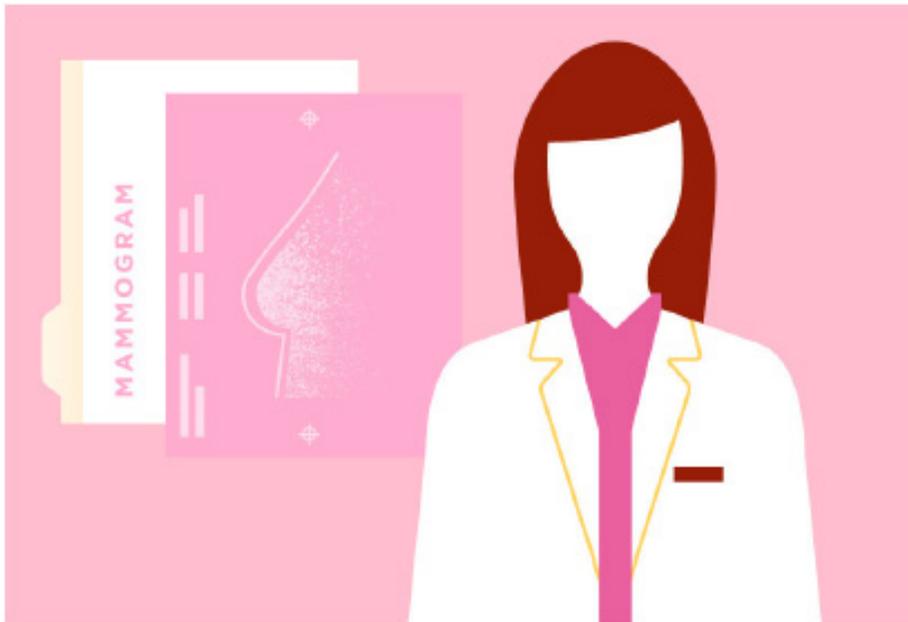


*In front of a mirror*



*Lying down*

## GET A MAMMOGRAM



Most women should have their first mammogram at age 40 and should get one every year thereafter. If you experience any symptoms or if you have a family history of breast cancer, speak to your healthcare professional now.

If you have a low income or do not have health insurance, and are between the ages of 40 and 64, you may be eligible to receive a free or reduced cost mammogram through the National Breast and Cervical Cancer Early Detection Program.

To learn more, call 1-800-CDC-INFO or visit [www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp) online

## SUPER FOODS

In addition to eating a balanced diet and exercising, include “Super Foods” into your diet: these foods contain antioxidants, which may have anti-cancer properties:

- Citrus Fruit
- Berries
- Grapes
- Vegetable Oils
- Nuts
- Avocados
- Green Tea
- Carrots
- Bell Peppers
- Tomatoes
- Pumpkin
- Apricots

