My Action Plan

☐ I will check my family history for breast cancer.
☐ I will be alert for breast cancer symptoms.
☐ I will talk to my doctor about breast health.
☐ I will review my lifestyle and make changes for better health.

What can I do to protect myself from Breast Cancer?

• Exercise on a regular basis
• Get to and stay at a healthy weight throughout life
• Limit or reduce alcoholic drinks
• If you can, avoid hormone therapy

Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

Philip E. and Naomi P. Lippincott
Resource and Education Center
215-214-1618
recstaff@fcc.edu

Know the Facts...
Am I at risk for Breast Cancer?

There is no way to know for sure if you are going to get breast cancer. Certain things raise your chances of getting it. These are called risk factors. Check your risk factors for breast cancer below:

- My mother, sister, or daughter had breast cancer
- I am a woman over 40
- I’ve never had children or had children later in life (after 30)
- I started menstruating (getting a period) at an early age — before age 12
- I started menopause at a later age (after 55)
- I have taken estrogen replacement therapy for many years
- I have dense breast tissue
- I had treatment with radiation therapy to the breast/chest
- I have a history of noncancerous breast disease
- I have inherited changes in the BRCA1 and BRCA2 genes or in other genes that increase the risk of breast cancer
- I am overweight or obese

If you checked any of these risk factors, you may be at risk for breast cancer.

What are the symptoms of Breast Cancer?

Studies show that even early-stage breast cancer can cause these symptoms:

- A change in size or shape of the breast
- A lump or swelling in or near the breast or in the underarm area
- Fluid from the nipple other than breast milk
- Skin irritation or dimpling
- Nipple pain or inverted nipple

What are the screening tests for Breast Cancer?

Screening refers to tests used to find a disease, like cancer, in people who do not have any symptoms. The goal of screening is to find cancer before it starts to cause symptoms.

Mammogram

A mammogram is an X-ray of the breast. It helps your doctor find changes in the breast two years before these changes can be felt by a clinical or self-exam.

If you are a woman, 40 years and older, and are in good health, have a mammogram every year!