1 in 8 women will be diagnosed with breast cancer

men can get it too?

For every 100 women diagnosed with breast cancer 1 man will be diagnosed

African American and Hispanic women are more likely to be diagnosed with later stage breast cancers and have larger tumors than caucasian women

Breast cancer is the most common cancer in women no matter your race or ethnicity

What can YOU do?

Getting enough Vitamin D may lower your chance of getting breast cancer

Eating a healthy diet and having an active lifestyle along with maintaining a healthy weight can lower your risk for breast cancer

Limiting your intake of alcoholic beverages to no more than one a day can lower your risk of breast cancer

Know your body and advocate for yourself. Be aware of what's normal for your body and tell your doctor about any changes

Last year over 210,000 women in the U.S. were diagnosed with breast cancer

Most people survive breast cancer

YOU ARE NOT ALONE We are here to provide information, resources, and emotional support to those concerned about breast cancer.

Call our hotline at 800.877.8077 or visit our website at http://breast-cancer.adelphi.edu

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM