Although it is about 100 times more common in women, **MEN CAN GET BREAST CANCER.**

Breast Cancer remains **one of the most common cancers in women** no matter your race or ethnicity.

- **However** - African American and Hispanic women are **more likely** to be diagnosed with **later stage breast cancers** and larger tumors.

Most people **SURVIVE** Breast Cancer.

**THERE ARE MORE THAN 3.1 million** Breast Cancer Survivors in the United States.
COMMON SYMPTOMS of breast cancer

Dimpling

A Lump

Swelling

Redness

Discharge

RISK FACTORS

Gender
Age
Genetics and Family History
Having Dense Breasts
Being Overweight
Alcohol Consumption

WHAT YOU CAN DO

Eat lots of fruits, vegetables & whole grains. Limit meats & processed foods.

An active lifestyle may lower your risk of breast cancer.

Watch out for toxic chemicals in personal & household products.

Limiting alcoholic beverages to no more than 1 a day may lower your risk of breast cancer.

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

Many women with breast cancer have no symptoms. This is why it's so important to get your annual mammogram.

Adelphi Breast Cancer Program
Adelphi University, School of Social Work
One South Avenue, PO Box 701
Garden City, NY 11530

For more information, resources & support, contact us at 800-877-8077.

breast-cancer.adelphi.edu