



Breast cancer awareness month educates individuals and families about the risk of breast cancer, the value of screening and early detection, and the treatment options available to persons diagnosed with the disease.

WHAT WE KNOW

- Other than skin cancer, breast cancer is the most common cancer among American women.
- Each year in the United States, about 264,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- African American women are almost twice as likely to be diagnosed with triple-negative breast cancer and are more likely to die of breast cancer than white women.



SOUTH CAROLINA QUICK FACTS

- Breast cancer is the most commonly diagnosed cancer among women in South Carolina.
- It is the second most common cause of cancer death among women, next to lung cancer.
- South Carolina ranked 13th in the nation for breast cancer mortality in the 2013-2017 time period. Screening is extremely important for early detection and treatment.
- Black women have a slightly lower rate of getting breast cancer (2.7%) than white women but are more likely to die from breast cancer (43.5%).



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WHAT CAN YOU DO

There are many factors that can affect your breast cancer risk. While you cannot change contributing factors like age, family history or genetics, you can lower your risk of breast cancer by taking charge of your health.



Eat a healthy diet.



Exercise at least 4 days a week.



Get 6-8 hours of sleep each night.



Don't drink alcohol or limit yourself to one drink a day.



Maintain a healthy weight.



Limit exposure to radiation if not medically necessary.



Perform a self-breast exam at least once a month.



Breastfeed your infant children, if possible.



Avoid exposure to chemicals that can cause cancer like those found in cigarettes.



Get regular breast cancer screening tests, like a clinical breast exam by your medical provider, mammogram, ultrasound, and/or MRI.





MORE INFORMATION

- American Cancer Society | www.cancer.org
- United States Breast Cancer Statistics | www.breastcancer.org
- SC Department of Health and Environmental Control | www.scdhec.gov
- United States Centers for Disease Control and Prevention | www.cdc.gov



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