

Weight control	African Americans	Ducts	Spread	Males
Breast Cancer	Vegetables and fruits	Metastasize	Areola	Self-breast exam
Tumor	Women	FREE	Benign	Immune system
Invade	Stress reduction	Lymph nodes	Family history	Malignant
Early detection	Breast	Nipple	Yearly mammograms	Cells

Women	Areola	Spread	Breast Cancer	Metastasize
Ducts	Yearly mammograms	Males	Breast	Self-breast exam
Invade	Benign	FREE	Immune system	African Americans
Family history	Nipple	Weight control	Cells	Stress reduction
Lymph nodes	Malignant	Tumor	Vegetables and fruits	Early detection

Breast	Nipple	Areola	Malignant	Benign
Weight control	Invade	Lymph nodes	Vegetables and fruits	Males
Tumor	Cells	FREE	Stress reduction	Family history
Women	Self-breast exam	Spread	Yearly mammograms	Ducts
Immune system	African Americans	Metastasize	Breast Cancer	Early detection