

Warning Sign of Breast Cancer New lump in the breast or underarm (armpit.	1 in 8 women will develop invasive breast cancer during her life time	Early detection	Staying Physically active	October is Breast Cancer Awareness Month
Breast cancer is the second leading cause of death among women	Warning Sign of Breast Cancer Irritation or dimpling of breast skin.	Screen option for early detection MRI	33% of all breast cancer can be prevented by healthy lifestyle choices	Self-breast exam
Vegetables and fruits	Warning Sign of Breast Cancer Pain in any area of the breast	FREE	Breast Cancer	Maintaining Healthy Body Weight
Myth: I am too young to get breast cancer	Stress reduction	Myth: Men can't get breast cancer	High risk patients should start monthly breast exams at the age of 18	Quit using tobacco
FACT: Alcohol use increases the risk of breast cancer.	Breast Cancer Genetic testing (BRAC1 BRAC2)	Second hand smoke	Yearly mammograms	Breast cancer survival rates has tripled the past 60 years

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Maintaining Healthy Body Weight	1 in 8 women will develop invasive breast cancer during her life time	Screen option for early detection MRI	Breast cancer is the second leading cause of death among women	FACT: Alcohol use increases the risk of breast cancer.