

B	O	O	B	S
Vegetables and fruits	1 in 8 Canadian women will develop breast cancer in their lifetime	1 in 31 Canadian women will die from breast cancer in their lifetime	Cancer is the leading cause of death in the NWT	Orange peel skin
Living smoke-free can lower your risk of getting breast cancer	Breast cancer is still frequent among Dene and Inuit females	Sunken nipple	NWT breast screening rates are well below the 70% national goal rate	82% of breast cancer cases in Canada happen in women over 50
Skin sores	Weight control	SURVIVOR	A mammogram is only for average-risk people who do not have any symptoms	More than 75% of breast cancer cases in the NWT are diagnosed in the early stages
Growing vein	Stress reduction	Hard lump	Screening is important to find the cancer early and help save lives	If you have an abnormal (positive) mammogram result then you must get a diagnostic workup
New shape/size	Screening tests only detect early disease but do not confirm the presence or absence of a disease	Nipple Crust	Eat more fruits and vegetables to lower your risk of getting cancer	Drink alcohol in moderation

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Maintain a healthy body weight	Hard lump	Dimple	Average risk women aged 50-74 should be screened every 2 years	Benign tumor (non-cancerous)
More than 75% of breast cancer cases in the NWT are diagnosed in the early stages	Living smoke-free can lower your risk of getting breast cancer	If you have signs or symptoms tell your primary care provider	A mammogram is an x-ray image of the breast	Stress reduction
Protect your boobs with moves	Feeling a thick area	SURVIVOR	A mammogram is only for average-risk people who do not have any symptoms	Sunken nipple
82% of breast cancer cases in Canada happen in women over 50	Weight control	Growing vein	Malignant tumor (cancerous)	If you have a normal (negative) mammogram result then repeat in 2 years
Breast cancer is the most commonly diagnosed cancer in females in the NWT	Cancer is the leading cause of death in the NWT	National target rate for breast cancer screening is 70%	You are high risk if you have a confirmed mutation of BRCA1 or BRCA2 genes	Red or hot

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Orange peel skin	NWT breast screening rates are well below the 70% national goal rate	Screening is important to find the cancer early and help save lives	A mammogram is only for average-risk people who do not have any symptoms	Breast cancer is more common among non-indigenous and Metis females
New shape/size	Living smoke-free can lower your risk of getting breast cancer	Breast cancer is the most commonly diagnosed cancer in females in the NWT	Nipple Crust	Malignant tumor (cancerous)
1 in 8 Canadian women will develop breast cancer in their lifetime	Feeling a thick area	SURVIVOR	1 in 31 Canadian women will die from breast cancer in their lifetime	If you have signs or symptoms tell your primary care provider
Breast cancer is still frequent among Dene and Inuit females	More than 75% of breast cancer cases in the NWT are diagnosed in the early stages	Vegetables and fruits	Average risk women aged 50-74 should be screened every 2 years	You are high risk if you have a personal history of ovarian cancer
You are high risk if you have a first degree relative who has had breast or ovarian cancer	You are high risk if you have a confirmed mutation of BRCA1 or BRCA2 genes	A mammogram is an x-ray image of the breast	Protect your boobs with moves	Breastfeeding lowers your risk for getting breast cancer