

B	O	O	B	S
Unexpected fluid	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
If you have signs or symptoms tell your primary care provider	Breast cancer is still frequent among Dene and Inuit females	Stress reduction	NWT breast screening rates are well below the 70% national goal rate	82% of breast cancer cases in Canada happen in women over 50
Nipple Crust	Skin sores	SURVIVOR	Vegetables and fruits	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	Feeling a thick area	Hard lump	Red or hot	If you have a normal (negative) mammogram result then repeat in 2 years
New shape/size	Screening tests only detect early disease but do not confirm the presence or absence of a disease	If you have an abnormal (positive) mammogram result then you must get a diagnostic workup	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)
Malignant tumor (cancerous)	Living smoke-free can lower your risk of getting breast cancer	If you have an abnormal (positive) mammogram result then you must get a diagnostic workup	A mammogram is an x-ray image of the breast	Skin sores
Orange peel skin	Feeling a thick area	SURVIVOR	A mammogram is only for average-risk people who do not have any symptoms	Growing vein
Stress reduction	82% of breast cancer cases in Canada happen in women over 50	Vegetables and fruits	More than 75% of breast cancer cases in the NWT are diagnosed in the early stages	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	Protect your boobs with moves	Nipple Crust

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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	National target rate for breast cancer screening is 70%
Living smoke-free can lower your risk of getting breast cancer	Breast cancer is still frequent among Dene and Inuit females	New shape/size	Maintain a healthy body weight	1 in 8 Canadian women will develop breast cancer in their lifetime
Feeling a thick area	1 in 31 Canadian women will die from breast cancer in their lifetime	SURVIVOR	If you have signs or symptoms tell your primary care provider	Malignant tumor (cancerous)
Unexpected fluid	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	Breast cancer is the most commonly diagnosed cancer in females in the NWT
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	Orange peel skin	More than 75% of breast cancer cases in the NWT are diagnosed in the early stages	Breastfeeding lowers your risk for getting breast cancer