

Vegetables and fruits	1 in 8 women	ER-Positive	Self-breast exam	Males
Breast Cancer	Triple negative	Recommended Age 45	2nd Leading cause of death	Risk Factors
Symptoms	Weight control	FREE	African Americans	Family history
Genes	Stress reduction	Highest Mortality (death) Rate	Family history	Pap test
Early detection	Balance diet	Red meat and processed meats	Yearly mammograms	Cervical Cancer

Weight control	2nd Leading cause of death	Self-breast exam	Breast Cancer	Recommended Age 45
ER-Positive	Yearly mammograms	Males	Balance diet	Risk Factors
Genes	African Americans	FREE	Family history	1 in 8 women
Family history	Red meat and processed meats	Vegetables and fruits	Cervical Cancer	Stress reduction
Highest Mortality (death) Rate	Pap test	Symptoms	Triple negative	Early detection

Balance diet	Red meat and processed meats	2nd Leading cause of death	Pap test	African Americans
Vegetables and fruits	Genes	Highest Mortality (death) Rate	Triple negative	Males
Symptoms	Cervical Cancer	FREE	Stress reduction	Family history
Weight control	Risk Factors	Self-breast exam	Yearly mammograms	ER-Positive
Family history	1 in 8 women	Recommended Age 45	Breast Cancer	Early detection