

Vegetables and fruits	1 in 8 women	ER-Positive	Self-breast exam	Ovarian cancer
Balance diet	Triple negative	Recommended age 45	2nd leading cause of death	Risk factors
Symptoms	Weight control	FREE	African Americans	Genes
Highest mortality (death) rate	Stress reduction	Males	Family history	Pap test
Early detection	BRCA1 or BRCA2	Red meat and processed meats	Yearly mammograms	Breast cancer

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Males	Pap test	Symptoms	Triple negative	Early detection

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Symptoms	Breast cancer	FREE	Stress reduction	Family history
Weight control	Risk factors	Self-breast exam	Yearly mammograms	ER-Positive
Genes	1 in 8 women	Recommended age 45	Balance diet	Early detection