

INDIGENOUS PINK

BREAST HEALTH

FAMILY HISTORY: Mother, Sister, Daughter have had Breast Cancer

GENETICS: Inherited DNA changes in genes.

AGE: Getting Older



GENDER: Being born female



BREAST DENSITY: High density breasts

INCREASED RISKS

Breast Cancer is the 2nd leading cause of death in American Indian Women

1 in 8 women will get Breast Cancer in their lifetime.

Breast Cancer usually has no symptoms when the tumor is small and most treatable.



NPAIHB

Indian Leadership for Indian Health



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What Can I Do?



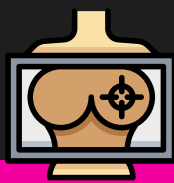
BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer.



WEIGHT CONTROL

Overweight or obese women are at higher risk.



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year.



EXERCISE

Exercising 3 days a week may lower your risk.



LIMIT ALCOHOL

Alcohol can increase estrogen which can increase risk.



REGULAR BREAST EXAMS

Speak to your healthcare provider for options.

**AGE
40-44**

Option to begin annual screening

**AGE
45-54**

Annual Screening

**AGE
55+**

Screening every 2 years or option to screen yearly



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