

Cancer

According to the 2002 Incidence and Mortality report; the most common forms of cancer afflicting women were lung, breast and colorectal

According to the American Cancer Society women have a 1 in 7 chance of developing breast cancer during their lifetime

Older women are much more likely to get breast cancer than younger women. Most breast cancers -- about 77% -- occur in women ages 50 and older. Less than 5% of all breast cancer cases occur in women under the age of 40. However, younger women who get breast cancer have a lower survival rate than older women who get breast cancer.

In all age groups, white women are more likely to develop breast cancer than black women, but black women are more likely to die from it than white women

Breast Cancer Risks:

- The risk for developing breast cancer increases with age. Majority of new cases are in women over 50
- Personal history of breast or ovarian cancer
- Having mother, daughter, sister who has had breast cancer
- Being young (<12 years) at the time of 1st period
- Starting menopause after 55
- Being overweight after menopause
- Taking birth control pills for 5 or more years
- Never having children
- Having 1st child after 30
- Physically inactive

Prevention:

- Drink less alcohol
- Exercise
- Regulate folic acid intake
- Breast feed your baby
- Eat more fruits and vegetables
- Take antioxidants
- Get regular mammograms/ check-ups

Resources:

American Cancer Society – www.cancer.org (800) ACS-2345

The Susan B. Komen Breast Cancer Foundation www.komen.org (800) I'M AWARE

National Breast Cancer Coalition: www.natlbcc.org (800) 622-2838

Information gathered from American Cancer Society, The Susan B. Komen Breast Cancer Foundation, and National Breast Cancer Coalition.