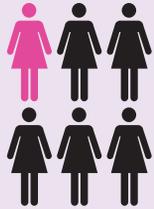


Today – We're Here to Empower You

At Centura Health Breast Care, we know breast health. We know knowledge is power. And, we know you want to live your life to the fullest today – and tomorrow. This means understanding your breast cancer risk and how to lower it.



1 in 7 women will be diagnosed with breast cancer in their lifetime.



99 percent Survival rate for breast cancers diagnosed in Stage 1

250,000 new cases of invasive breast cancer will be diagnosed in the U.S. this year.



44,000 U. S. women will die of breast cancer in 2016



What are the risk factors for breast cancer?



Gender Women are 100 times more likely to have breast cancer than men.



Age The chances of developing breast cancer increases with age, especially after 55.



Reproductive and Menstrual History Women who started menstruating early (before age 12), went through menopause later (after 55) or had their first full-term pregnancy after age 30.



Genetics Inherited genes account for about 5 – 10 percent of breast cancers.

Having a risk factor, or even many, does not mean that you are sure to get the disease.

Centura Health Breast Care



INSPIRE HEALTH

centura.org/mybreasthealth

We are part of Centura Health, the region's leading health care network.

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What can you do to fight against breast cancer?



Maintain a Healthy Weight:

Being overweight or obese after menopause increases breast cancer

risk. Excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs.



Make Physical Activity Part of Every Day:

Evidence is growing that physical activity in

- the form of exercise reduces breast
- cancer risk. As little as 1¼ to 2½ hours
- per week of brisk walking reduced a
- woman's risk by 18 percent.



Limit Alcohol Use:

Drinking alcohol is clearly linked to an increased risk of breast cancer and several other cancers. One alcoholic beverage a day increases risk by 50 percent.

Warning Signs to Watch for:

- A new lump, hardness or thickening
- Change in nipple appearance or direction
- Skin change such as dimpling or puckering



- Shape or size change of the breast
- Nipple discharge
- Pain in one spot that does not go away

**Centura Health Breast Care – Complete Care
for all Your Needs**

Call today to schedule your life-saving breast screening.

1-844-642-2273

or visit centura.org/mybreasthealth

Centura Health Breast Care



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