## Keeping abreast of the facts.

Every year in the United States, over

200,000

women are diagnosed with breast cancer

About **1 in 8** (12%) women in the US will develop invasive breast cancer during their lifetime.



RACE



White women are slightly more likely to develop breast cancer than are African-American women. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.

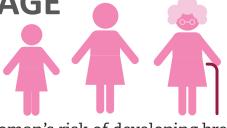
Men can
develop breast
cancer, but this
disease is about
100 times more

common among

women than men.



AGE



A woman's risk of developing breast cancer increases as she gets older.

M

More than 85 percent of women who get breast cancer have no family history of the disease, reports the American Cancer Society.



Beneficial behaviors that can decrease your chances for breast cancer. Following a healthy diet rich in fruits and vegetables that contain antioxidants and cancer-fighting nutrients, as well as exercising, minimizing alcohol (more than one drink a day on average increases a woman's risk), and maintaining a healthy weight can all be beneficial.

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