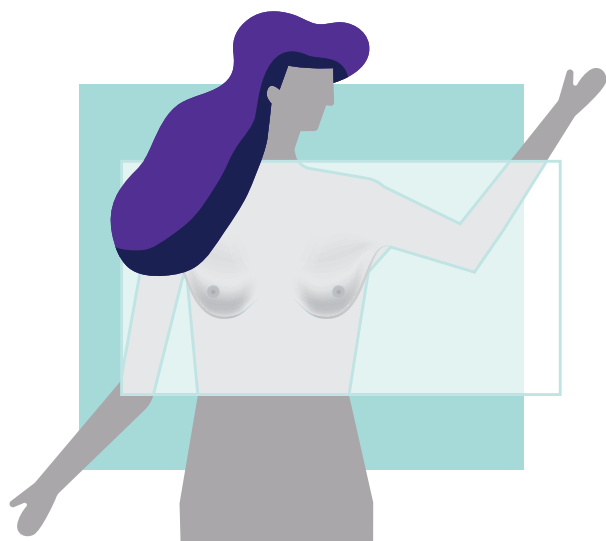


What is Breast Cancer?

Breast cancer is tumors that form in the cells of the breasts.



Screening each year can help find breast cancer early. Treatment may be more successful if cancer is found early.

What are some factors that may increase risk of breast cancer?

- Heavy alcohol use
- Obesity
- Lack of exercise

Some health screenings for breast cancer

- Mammogram
- Clinical breast exam

How does family health history affect one's risk of breast cancer?

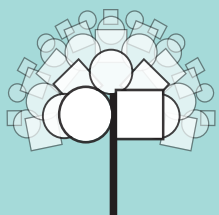
Use the worksheet on the next page to find out.

Check out these websites for more information:

MedlinePlus
medlineplus.gov/breastcancer.html

Mayo Clinic
mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470

Families SHARE
genome.gov/research-at-nhgri/Projects/Families-SHARE



What is _____'s risk of Breast Cancer?

(relative's name)

How many relatives listed to the right have been diagnosed with breast cancer?

Any
male relatives

Enter total number

yes no

Is the answer 1 or more?
(Circle yes or no.)

How many of your first-degree relatives listed to the right have been diagnosed with breast cancer?

Mother
Sister(s)
Daughter(s)

Enter total number

yes no

Is the answer 1 or more?
(Circle yes or no.)

How many of your second-degree relatives listed to the right have been diagnosed with breast cancer?

Grandmother(s)
Aunt(s)
Niece(s)

Enter total number

yes no

Is the answer 2 or more?
(Circle yes or no.)

If the answer is **yes** to any of these questions, they have an increased risk of breast cancer.

If your family member is at increased risk, tell them to talk to their doctor about how to prevent breast cancer.

Important:

Some families may have an inherited cancer syndrome. If you or your relatives have had cancer before the age of 50, multiple cancers, or recurring cancers, your family member should share this information with their doctor to see if genetic testing is recommended.

Some tips that may help prevent and detect breast cancer:



If you don't drink alcohol, don't start:

- Limit alcohol to no more than one drink a day for women and two for men.



Talk to your doctor about screening:

- Lumps can be removed if found early.
- Cancer found early can be treated with more success.