



#1

Most common non-skin cancer
in women in Illinois



30%

of women are NOT up to date
with screening recommendations.



ONE IN 8

women will be diagnosed
in their lifetime



30%

of all newly diagnosed cancers
in women are breast cancer

11,000+ WOMEN LIVING IN ILLINOIS ARE EXPECTED TO BE DIAGNOSED WITH BREAST CANCER IN 2020

How to Lower Risk Factors

- Limit alcohol consumption.
- Exercise regularly & maintain a healthy body weight.
- Avoid hormone replacement therapy after menopause.
- If possible, choose to breastfeed following pregnancy.

SCREENING

Screening can reduce the impact of breast cancer by finding it early, when it is the easiest to treat.

- **Women should begin annual mammograms between ages 40-44.**
- **Perform regular self breast exams.** Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may be of concern.
- **Talk to your doctor**

Research efforts are ongoing to prevent breast cancer and discover more effective treatments with less side effects.

Illinois CancerCare currently has **over 20 breast cancer clinical trials** available that offer groundbreaking treatment options and address symptoms caused by the cancer or its treatment.

www.illinoiscancercare.com/clinical-trials

RISK FACTORS

Gender - Women are at greater risk than men for developing breast cancer.

Age – Risk increases as you get older.

2 or more first-degree relatives with breast cancer.

Alcohol consumption – more than 3-4 drinks per week.

Lack of physical activity or exercise.

Excess body weight / obesity.

Not having children or having children after the age of 30.



GENETICS

Women with a family history of breast cancer are at a somewhat greater risk of developing the disease.

Illinois CancerCare's Genetics program can help determine whether you or members of your family face higher risks for certain types of cancer or help explain why cancer has occurred in you or your family members.

www.illinoiscancercare.com/genetic-testing