



## #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

## 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.

## 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**

## 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](http://www.illinoiscancercare.com/genetic-testing)

### 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](http://www.illinoiscancercare.com/clinical-trials)