Signs + Symptoms of Breast Cancer

Symptoms vary from one person to the next. If you notice any changes, be sure to consult with your doctor.

Every 3 minutes, a woman is diagnosed with breast cancer.

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About 266,120 new cases of breast cancer will be diagnosed every year.

Signs + Symptoms to Look For

- Nipple turning inward
-ipple discharge
- Lump in the underarm area
- Skin dimpling
- Wrinkling of the breast
- Skin thickening
- Wrinkling of all 4 breast
- Breast or nipple pain

Risk Factors

GENDER

Most breast cancers are found in women ages 55 and older.

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UNHEALTHY DIET

Fats from processed foods is linked to an increased risk of breast cancer, while fats from fruits + veggies is linked with a decreased risk.

FAMILY HISTORY

Those with an immediate blood relative who has had breast cancer are 2x times more likely to develop breast cancer.

STRESS

Chronic stress lowers immune function and leads to a host of illnesses, including breast cancer.

EXERCISE HABITS

Women who sit for 6+ hours a day are 10% more likely to develop invasive breast cancers.

SMOKING

Younger women who smoke have a higher risk than their nonsmoking peers.

WHAT CAN I DO?

TALK TO YOUR DOCTOR

EXERCISE REGULARLY

MAINTAIN A HEALTHY DIET

JOIN THE FIGHT

www.iGoPink.org

Information from: Breastcancer.org