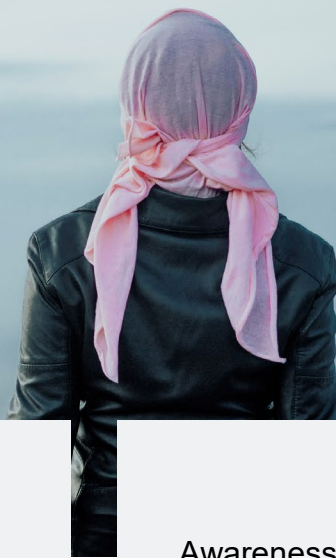


Breast Cancer Awareness Toolkit

Resources to help you spread awareness and education around Breast Cancer.



Breast Cancer Awareness



Awareness

Breast cancer is a common and potentially life-threatening disease that primarily affects breast tissue. While it is most frequently diagnosed in women, men can also develop breast cancer. Early detection through screening, awareness of risk factors, and timely medical intervention are key to improving outcomes.

U.S. statistics on breast cancer:

- 1 in 8 women will be diagnosed with breast cancer in her lifetime ([BreastCancer.org](https://www.breastcancer.org)).
- Breast cancer is the most common cancer among American women, aside from skin cancers ([ACS](https://www.aacr.org)).
- While rare, about 2,800 cases of breast cancer are expected to be diagnosed in men in 2025 ([ACS](https://www.aacr.org)).
- Survival rates are highest when breast cancer is detected early — five-year relative survival for localized breast cancer is 99% ([ACS](https://www.aacr.org)).

Education

Awareness involves understanding risks, symptoms, and the importance of early detection. It empowers individuals to take proactive steps toward their breast health and supports a culture of care and informed decision-making.

- **Know Your Risk:** Learn about personal and family history, genetics, and lifestyle factors that may increase your risk.
- **Get Screened:** Mammograms are the most effective tool for early detection — most women should begin routine screenings by age 40 or earlier if recommended.
- **Recognize the Signs:** Be aware of changes such as lumps, swelling, nipple discharge, or skin changes on the breast.
- **Make Healthy Choices:** Maintaining a balanced diet, regular exercise, limited alcohol use, and not smoking can reduce risk.
- **Support and Advocate:** Encourage open dialogue, support those impacted, and promote access to screenings and care for all communities.



Breast Health Checklist



Taking charge of your breast health means being informed, staying proactive and recognizing when to take action. Awareness and early detection are key to better outcomes and peace of mind. You can take steps to protect yourself and your loved ones by knowing the signs, understanding your risk, scheduling regular screenings, establishing a Primary Care Physician, and practicing healthy habits.

Signs and Symptoms

- A lump in the breast or underarm
- Swelling of part or all of the breast
- Skin changes such as dimpling, puckering, or redness
- Changes in breast size or shape
- Flaky or irritated skin

Not all breast changes mean cancer, but it's important to talk to a healthcare provider if you notice anything unusual.

Check out more early signs and symptoms [here](#)

Screening Recommendations

Mammograms play a key role in breast cancer detection. Follow your provider's recommendations which may vary based on health and other risk factors.

- **Women 40-44:** Option to begin annual screenings
- **Women 45-54:** Recommended annually
- **Women 55+:** Can switch to every other year, based on health

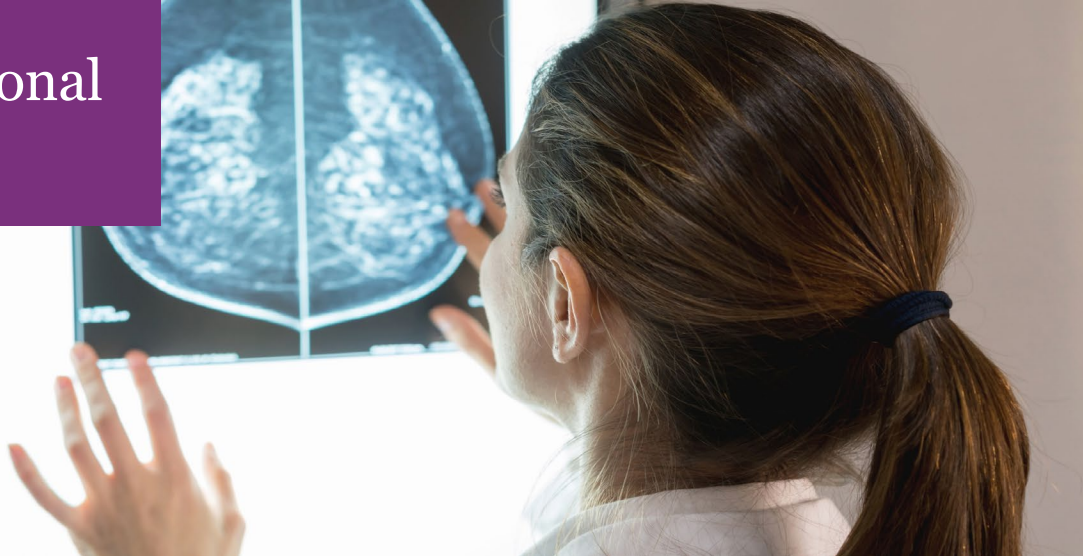
Clinical and self breast exams can help detect lumps and changes in texture or appearance.

Learn more through the links below:

- [Early Detection](#)
- [Self Breast Exam](#)



Online National Resources



Reference the following resources for reputable and updated information on breast cancer.

Centers for Disease Control and
Prevention (CDC)

<https://www.cdc.gov/breast-cancer>

Mayo Clinic

<https://www.mayoclinic.org>

American Cancer Society

<https://www.cancer.org>

National Breast Cancer Foundation

<https://www.nationalbreastcancer.org>

FORCE – Facing Heredity Cancer

<https://www.facingourrisk.org/>



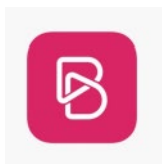
Podcasts & Apps



Podcasts

- [The Breast Cancer Podcast](#)
- [Breastcancer.org Podcast](#)
- [The Breast Cancer Recovery Coach](#)
- [Real Pink](#)
- [Breast Cancer Now](#)
- [Breast Cancer Conversations](#)

Apps



[A Breast Cancer Community](#)



[OWise](#)



[This is Living With Cancer](#)



[The Breasties | Cancer Community](#)



[Outcomes4Me](#)

