

Be Breast Cancer Aware



Yearly about 298,000 women in the U.S find out they have breast cancer. About 44,000 die from it.

MEN GET BREAST CANCER, TOO.

Yearly, about 2,800 men in the U.S. get breast cancer. About 500 die from it. Men should look for and report a breast lump or other change to their doctors. Alcohol use and obesity can increase the risk in men.



WAYS TO LOWER YOUR RISK

- Eat a variety of fruits and vegetables and whole-grain breads and cereals.
- Lose weight if you are overweight. Follow your doctor's advice.
- Do 30 or more minutes of moderate activity, daily, or most days of the week.
- Avoid X-rays that are not needed. Wear a lead apron when you get dental and other X-rays not of the chest.
- Quit tobacco and avoid secondhand smoke.
- Breastfeed your babies.
- Avoid or limit alcohol. The more used, the greater the risk.
- Discuss the pros and cons of hormone therapy with your healthcare provider.
- If you are at a high risk for breast cancer, ask your VA healthcare provider about prescribed medicine to lower the risk.