

# 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.