

# Breast Cancer Quick Facts



- Among women in the US, breast cancer is the 2nd most common cancer and the 2nd leading cause of cancer death.
- Mammograms can find breast cancer even when it is too small to feel and is the BEST way to find breast cancer early.

## Breast Health

- Women at average risk should begin screening for breast cancer with mammograms at age 40 and continue every two years after that until age 74.
- Women at high risk or who have certain risk factors should talk to their doctor about starting mammograms at an earlier age.
- Be aware of any changes in your breasts.
- Know your family history of breast cancer.

## What Increases Your Chances of Breast Cancer?

### Things you CANNOT CONTROL

- Being female and getting older are the biggest risk factors.
- Personal or family history of breast cancer or ovarian cancer.
- Female history, starting your period before age 12 and starting menopause after age 55.
- Inherited genes that make breast cancer more likely (BRCA1 or BRCA2 genes).

### Things you CAN CONTROL

- Not being physically active or being overweight after menopause.
- Taking hormones during menopause for more than 5 years.
- Drinking alcohol (risk increases with each drink).

## Symptoms of Breast Cancer May Include:

- A lump in the breast or armpit area.
- Nipple discharge or bleeding.
- Changes in breast shape, size or thickness.
- Irritation or dimpling of the breast skin.
- Redness or flaky skin around the nipple or breast.
- Pain in any area of the breast or feeling like the nipple is being pulled in.

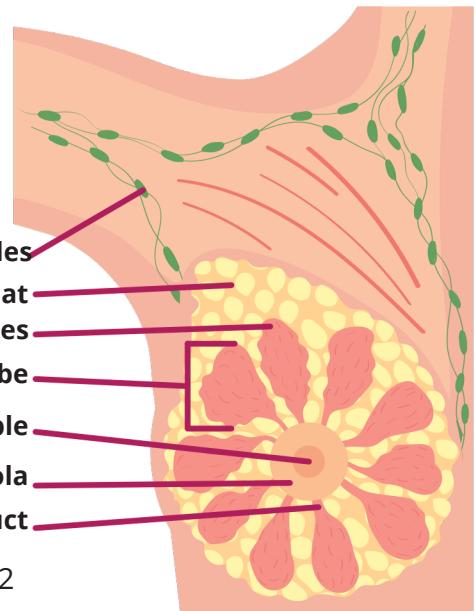
Breast cancer often starts silently without signs or symptoms. Don't wait to get screened!

The New Mexico Breast and Cervical Cancer (BCC) Early Detection Program offers free breast and cervical cancer screening, like Pap tests, HPV tests, and mammograms through contracted healthcare providers across New Mexico. You may be able to use these services if you have a low income and have little or no insurance.



New Mexico Breast and Cervical Cancer Early Detection Program

## Female Breast Anatomy



When breast cancer is found early, the chances of survival are much higher.

**NMDOH Helpline**  
Call: 1-833-SWNURSE  
(1-833-796-8773)  
Text: NMDOH (66364)