Every woman deserves!

Breast Cancer can be a difficult and challenging experience, but there are many ways you can take control of your health and treatment journey.

KNOW YOUR RISK

Factors associated with an increased risk of breast cancer include:

- Age
- Family history
- Menopausal status
- Hormone use
- Genetic factors

SIGN AND SYMPTOMS

Signs and symptoms of breast cancer may include:

- Changes in the size, shape, or feel of one or both breasts
- Skin changes such as dimpling, redness, or swelling
- Fluid from the nipple
- Nipple changes such as inversion or discharge

REGULAR SELF-EXAM

- Breast exam
- Monthly pelvic exam
- Pap smear

MEDICAL SCREENING

- Breast exam
- Mammogram
- Ultrasound
- MRI

TREATMENTS CONTINUALLY ADVANCING

IMAGING (MRI)

- Resonance
- Magnetic
- Breast

Chemotherapy

- Targeted
- Drug therapy
- Radiation therapy

Surgery

- Mastectomy
- Lumpectomy

RADIATION THERAPY

- Uses high-energy rays or particles to destroy cancer cells.

DRUG THERAPY

- Uses drugs to kill cancer cells.

IMMUNOTHERAPY

- Uses your body's immune system to fight cancer cells.

SUPPORTIVE CARE

- Provides additional care and support beyond medical treatment.

CHEMOTHERAPY

- Uses drugs to kill cancer cells.

IMAGING (MRI)

- Resonance
- Magnetic
- Breast

WHAT ABOUT PREVENTION?

There is no proven way to prevent breast cancer at all. 

- Choose a healthy diet that includes plenty of fresh fruits and vegetables.
- Maintain a healthy weight.
- Exercise most days of the week.
- Limit alcohol consumption.
- Consider taking fluoride supplements.

Important Safety Statement:

- Radiation therapy may cause side effects such as skin irritation, nausea, and fatigue.
- Side effects can occur during or shortly after treatment.
- Side effects can be severe, leading to pain, alteration of normal body functions, deterioration of quality of life, permanent injury, and even death.

AS A PATIENT

- To feel empowered, you can:
  - Find local and online support groups.
  - Connect with breast cancer patients, survivors, and experts.
  - Acknowledge physical changes to your body.
  - Strive to maintain intimacy.
  - Lean on family and friends.

Everything is going to feel different from here on out.

Learn about how to feel empowered, what possible side effects are, and treatment planning.

You have more options than ever for successfully treating breast cancer. It's important to talk to your doctor about all your treatment options, so you can get answers to your questions and weigh the pros and cons against your goals.

Treatments continually advancing for breast cancer.

Breast cancer is the most common cancer in women worldwide*—2.1 million new cases each year worldwide*.

Global incidence increasing, but global survival rates improving due to advances in the use of adjuvant therapy and neoadjuvant therapy.

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