



BREAST CANCER

WHAT IS BREAST CANCER?

Breast cancer is a disease that happens when cells in the breast tissue go through abnormal changes in their DNA that causes them to multiply and grow out of control.

WHAT ARE POSSIBLE SIGNS AND SYMPTOMS?

- A new lump in your breast or under your arm (armpit)
- Increased thickness or swelling around your breast, armpit, or collarbone
- Skin dimpling (where the skin looks like an orange peel)
- Fluid from your breasts, other than milk, especially if bloody
- Redness, peeling, or scaliness on the breast or nipple area

SCREENING

These recommendations are for people assigned female at birth (AFAB):

High Risk* - Mammograms and Breast MRI

Age 30: start screenings every year

Average Risk - Mammograms Only

Age 40-45: screen every year (optional)

Age 45-54: screen every year

Age 55+: screen yearly or every other year

*High risk = family history or genetic risk

Screening recommendations from American Cancer Society

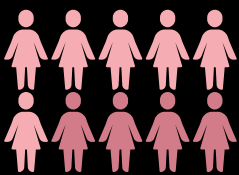
RISK FACTORS

Talk to your doctor for more information on your individual breast cancer risk.

- Being born female
- Age (55+)
- Family history of breast cancer or ovarian cancer
- Dense breast tissue
- Drinking alcohol
- Being overweight/obese after menopause
- Not being physically active

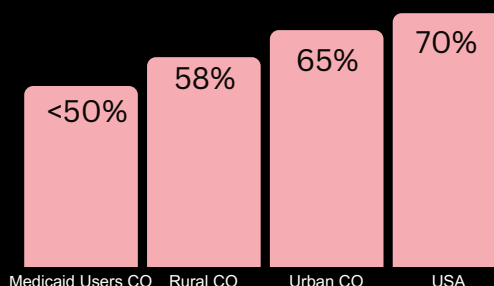
BREAST CANCER IN COLORADO

4,209



AFAB individuals
diagnosed every year

AFAB individuals over 40 who received a screening mammogram in the past two years



RESOURCES



bit.ly/COE-02