

# SUNDAY MORNING Health Corner

## Breast Cancer Awareness Month

About **1 in 8** U.S. women (about 13%) will develop invasive breast cancer over the course of her lifetime. [1]

As of **January 2021**, there are more than **3.8 million women** with a history of breast cancer in the U.S. **This includes women currently being treated and women who have finished treatment.** [1]

Previously, breast cancer was believed to mostly impact women over 50. Yet, studies now show that **breast cancer in Black women under 45 is common.** With Black women overall more likely to die from breast cancer, early detection and prevention efforts like screenings are imperative.

### Don't Forget Your Screening

Breast cancer screenings save lives. Self examinations can be done at home, and are recommended for women of all ages. Despite some controversy, mammogram screenings help find cancer early when it's most treatable. For most women, regular mammograms can begin at age 40, but specific recommendations vary by age and risk.



#### If you are age 40 – 44:

You can choose to begin yearly mammograms. It is important to talk to a doctor about the risk and benefits of mammograms at these ages.



#### If you are age 45 – 54:

Mammograms are recommended every year.



#### If you are age 55 or over:

Mammograms are recommended every other year. You can choose to continue to have them every year. Clinical breast exams and self-exams are not recommended. But you should be familiar with your breasts and tell a health care provider right away if you notice any changes in how your breasts look or feel.



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1. U.S. Breast Cancer Statistics. Breastcancer.org. (2021, February 4). Retrieved October 7, 2021, from [https://www.breastcancer.org/symptoms/understand\\_bc/statistics](https://www.breastcancer.org/symptoms/understand_bc/statistics).