

# WHY YOU MIGHT NEED BREAST CANCER SCREENING

## SCREENING IS RECOMMENDED FOR:



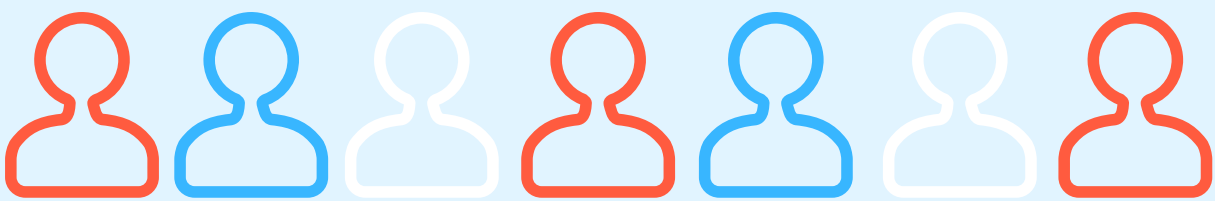
All women, especially those 45+ years or those with family history of breast cancer



Anyone with history of radiation exposure to the chest



Men with family history of breast cancer



According to John Hopkins, about 40% of diagnosed breast cancers were self detected

\*Signs to look for: abnormal lump, skin discoloration/indentation/hardness, breast pain/itchiness/discharge, bleeding from nipple, nipple inversion



## ESTIMATES FOR 2021

In the U.S., it has been estimated that there will be about 330,840 new cases in women and 2,650 new cases in men.



## SCREENING

Self screening can be completed once a month by visually and physically examining both breasts and under arm area. Mammograms, or low-dose x-rays, are recommended annually for women 40 years and older or younger women at higher risk.



Your health is important and should be controlled. Talk with a healthcare provider today about getting screened for breast cancer.



IT'S NEVER TOO EARLY FOR SELF BREAST EXAMS!



Pharmacy students from NCODA's Professional Student Organization (PSO) chapters at the following colleges assisted in assembling this cancer screening resource:

1. University of North Texas Health Science Center
2. Albany College of Pharmacy
3. Purdue College of Pharmacy
4. Auburn University

# WHY YOU MIGHT NEED BREAST CANCER SCREENING

## COMMON RISK FACTORS



### AGING

The risk for breast cancer increases with age, especially after the age of 50



### GENETICS

Women who have inherited changes to genes, such as BRCA1 and BRCA2 are at higher risk



### FAMILY HISTORY

The risk for breast cancer is doubled if you have one first-degree relative with breast cancer



### MEDICAL HISTORY

Personal history of breast cancer or previous radiation therapy of the chest

## REFERENCES

[www.cdc.gov](http://www.cdc.gov)

[www.komen.org](http://www.komen.org)

[www.breastcancer.org](http://www.breastcancer.org)

[www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)



Pharmacy students from NCODA's Professional Student Organization (PSO) chapters at the following colleges assisted in assembling this cancer screening resource:

1. University of North Texas Health Science Center
2. Albany College of Pharmacy
3. Purdue College of Pharmacy
4. Auburn University