

# DID YOU KNOW THAT...

## BREAST CANCER CAN AFFECT WOMEN UNDER THE AGE OF 45?

**11%**

of all cases of breast cancer in the U.S. are reported in women under 45 years of age

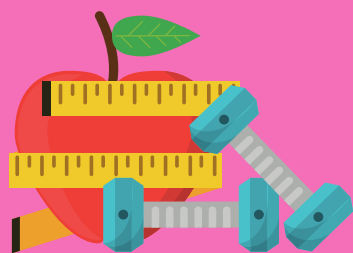
Learning what factors increase your chance of getting breast cancer is an important first step in assessing your risk.

### EARLY ONSET OF BREAST CANCER IS:

- More likely to be hereditary than breast cancer in older women.
- More likely to be found at a later stage, and is often more aggressive and difficult to treat.
- Often coupled with unique issues, including concerns about body image, fertility, finances, and feelings of isolation.



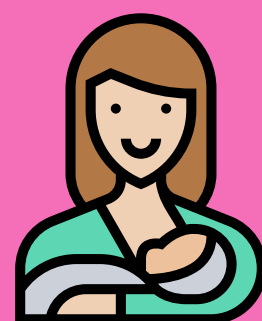
### TO HELP LOWER YOUR RISK OF BREAST CANCER:



Keep a healthy weight & exercise regularly



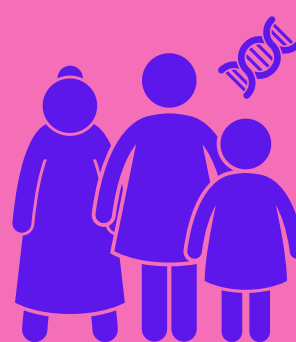
Don't drink or limit alcohol consumption



Breastfeed your babies, if possible



If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you



If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk

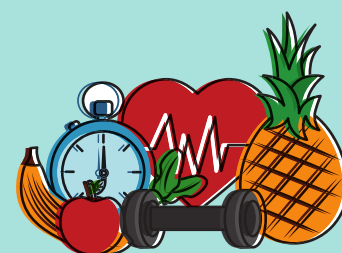
### TAKE ACTION BY LEARNING ABOUT:



Your family history of cancer



Genetic counseling & testing



Healthy lifestyle

### GET INFORMED:

**BRING YOUR BRAVE CAMPAIGN**

[WWW.CDC.GOV/CANCER/BREAST/YOUNG\\_WOMEN/BRINGYOURBRAVE/](http://WWW.CDC.GOV/CANCER/BREAST/YOUNG_WOMEN/BRINGYOURBRAVE/)

