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.

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

11% of all cases of breast cancer in the U.S. are reported in women under 45 years of age.

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/