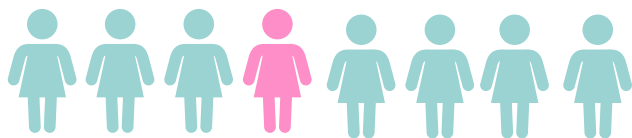


Breast Cancer Basics

DBCC's 2023 Edition

1 in 8...

women will be diagnosed with breast cancer in her lifetime.



Don't Wait!

Never delay breast cancer screenings or follow-up appointments.

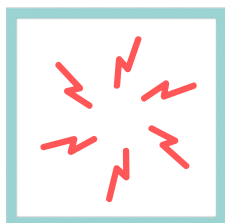
When to get a Mammogram?

EARLY DETECTION HELPS SAVE LIVES



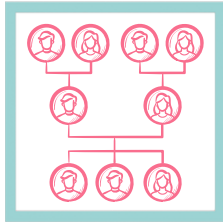
Annually after age 40

or



Breast pain or changes

or



Family history of breast cancer

Call to schedule your screening today:

1-888-672-9647



SCAN TO LEARN MORE!

3.8M

breast cancer survivors are alive in the United States, including women still being treated and those who have completed treatment.



What is breast cancer?

Breast cancer is a type of cancer that starts in the breast when something goes wrong and your cells keep making new cells and the old or abnormal ones don't die when they should.

Breast Cancer is the 2nd most common cancer for women.

US 2023 Estimates:

New Cases: 300,590

(2,800 , 297,790 )

Delaware: 1,050

Deaths: 43,700

(530 , 43,170 )

Delaware: 160



For men the lifetime risk of getting breast cancer is **1 in 833**.

Delaware's Most Trusted Breast Cancer Resource



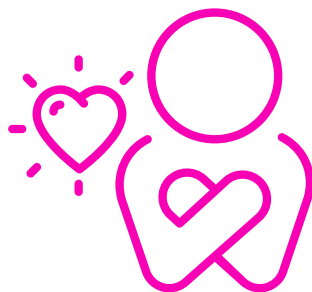
Wilmington | Dover | Rehoboth

debreastcancer.org



Breast Health Basics

DBCC's 2023 Edition



Know Your Body

Knowing what is normal for your body is important. Any changes should be reported to your doctor right away!



Redness, scaling or rash



Lump



Shape change or swelling



Puckering or dimpling



Discharge



Inverted Nipple

No doctor? We can help, call:

1-888-672-9647

Early Detection Saves Lives!

When diagnosed early, better treatment options are available and there is a better chance of survival.

Prevention Tips



Be Active
75-150 mins of exercise per week



Maintain a healthy weight



Make healthy choices



Breastfeed for at least 6 months



Avoid or limit alcohol



Talk to your Dr. about your personal risks

Know Your Risk

Risk factors include anything that increases your chances of getting breast cancer.

Having a risk factor, or even many does not mean that you are sure to get the disease.



Being born female



Genetics
Inheriting certain gene changes



Aging



Family History
(maternal or paternal)



Drinking Alcohol



Being overweight or obese



Menopausal hormone therapy



Using birth control with hormones



DBCC

The programs of the Delaware Breast Cancer Coalition (DBCC) are designed to educate the community, provide outreach to under-served communities, connect survivors to local resources, and enrich the lives of those living with breast cancer while promoting a healthy community.

Delaware's Most Trusted Breast Cancer Resource



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