

# EMPOWERING YOU

TO BEAT BREAST CANCER AND HEART DISEASE

ALL WOMEN ARE AT RISK

## Breast Cancer

**95%**

Although some forms of breast cancer are related to genetic (inherited) factors, **up to 95% of breast cancers occur randomly**. Less than 1% of all breast cancers diagnosed in the United States are men.

### WHAT IS BREAST CANCER?

Breast cancer is a disease in which cells in the breast **grow out of control**.

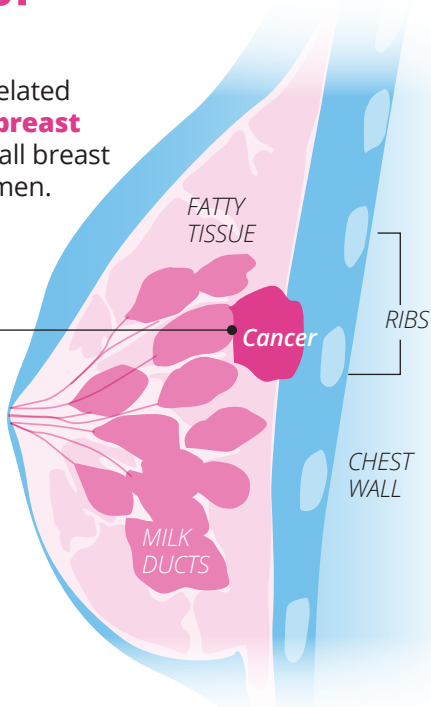
**Treatment is most effective** when cancer is detected early and stopped before it spreads.

### WARNING SIGNS

Regular mammography screening can find breast cancer at an early stage, but not all breast cancers can be found through mammograms alone.

*Should you notice any of the following conditions of the breast, please seek immediate medical attention:*

- Lump, a hard knot, or thickening on the breast area or underarm
- Swelling, warmth, redness, or darkening of the breast
- Size or shape change of the breast
- Skin irritation, puckering or dimpling
- Pain in the breast that does not go away



### RISK FACTORS



### SCREENING RECOMMENDATIONS FOR AVERAGE RISK

Start mammograms (if you choose)	<b>Ages 40-44</b>
Mammograms once a year	<b>Ages 45-54</b>
Mammograms every two years, or annually (optional)	<b>Starting at age 55</b>

### If you are considered at higher risk,

your health care professional can help you make a personalized screening plan, which could include clinical breast exams, mammograms, and breast MRIs.



YOU CAN BE AT RISK

## Heart Disease

**90%**

of women have **one or more risk factors** for heart disease and are unaware of the threat that they face.

### WHAT IS HEART DISEASE?

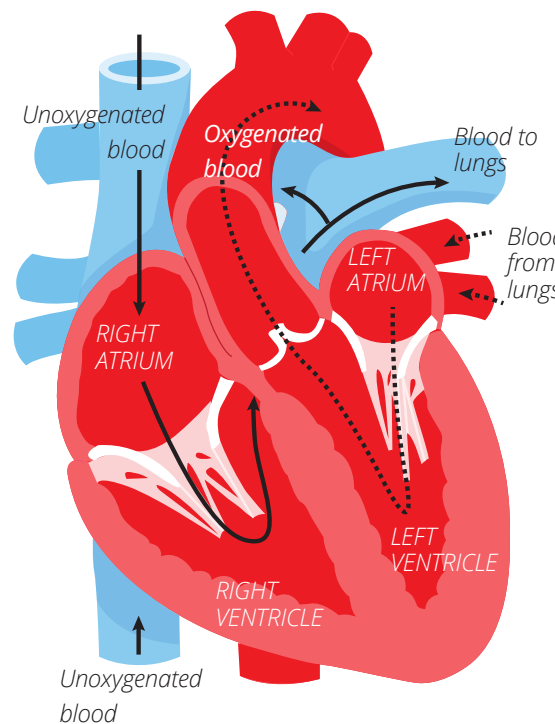
The human heart is a fist-sized muscle that **works continuously to pump blood** through the body's network of veins and arteries.

Heart disease **interferes with the proper flow** of blood, which could result in a heart attack.

### HEART ATTACK SIGNS

- Uncomfortable pain or pressure in the chest, which may go away and come back
- Shortness of breath with or without chest pain
- Discomfort or pain in one or both arms, stomach, back, neck or jaw
- Cold sweats, nausea, or feeling lightheaded

*If you have any or all of these signs, please call 911 and immediately go to the hospital!*



### RISK FACTORS



### SCREENING TESTS

Early symptoms for increased risk of heart disease can often be identified through simple tests. Knowing your numbers empowers you to change your life. Here are the optimal levels for some common tests:

*A healthcare professional can help you understand what your test results mean and what steps you can take to reduce your risk of heart disease.*

BMI (body mass index)	<b>18.5 - 24.9</b>
Blood pressure	<b>Less than 120/80</b>
Total cholesterol	<b>Less than 200</b>
"Bad" (LDL) cholesterol	<b>Less than 100</b>
"Good" (HDL) cholesterol	<b>Greater than 50</b>
Triglycerides	<b>Less than 150</b>
A1C (blood glucose)	<b>Less than 7%</b>

*The United States Preventive Services Task Force recommends screening for high blood pressure in adults aged 18 years or older.*