



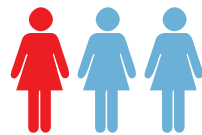
YOUNG WOMEN

ARE AT-RISK FOR BREAST CANCER AND HEART DISEASE



Heart Disease in Young Women

Many people think heart disease primarily affects older men. This is not true. **It kills as many women as it does men**, and young adults are also affected. In fact, **heart attacks are more frequently fatal among younger women than men of similar ages.**



One in Three U.S. women dies from heart disease, resulting in 400,000 deaths every year.

HEART-RELATED ISSUES OF SPECIAL CONCERN FOR YOUNG WOMEN



Genetic diseases and congenital conditions that manifest in young adults



Cardiovascular concerns during pregnancy



Depression and other mental health issues that affect the heart



Sleep deprivation



Stress and its effects on health



Use of **birth control**



RISK FACTORS FOR HEART DISEASE

- Smoking
- Diabetes
- Sedentary lifestyle
- Excessive alcohol use
- Overweight/obesity
- Poor dietary habits
- High levels of stress

KNOW YOUR NUMBERS Ask your doctor what targets are right for you.

Your Blood Pressure _____

Goal: Less than 120/80 (mmHg)

Your Blood Glucose:

FASTING BLOOD GLUCOSE _____

Goal: Less than 100 mg/dL

A1C _____

Goal: Less than 7% (154 mg/dL)

Your Cholesterol:

TOTAL CHOLESTEROL _____

Goal: Less than 200 mg/dL

LDL CHOLESTEROL _____

Goal: Less than 100 mg/dL

HDL CHOLESTEROL _____

Goal: Greater than 50 mg/dL

TRIGLYCERIDES _____

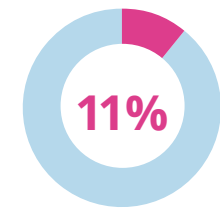
Goal: Less than 150 mg/dL

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

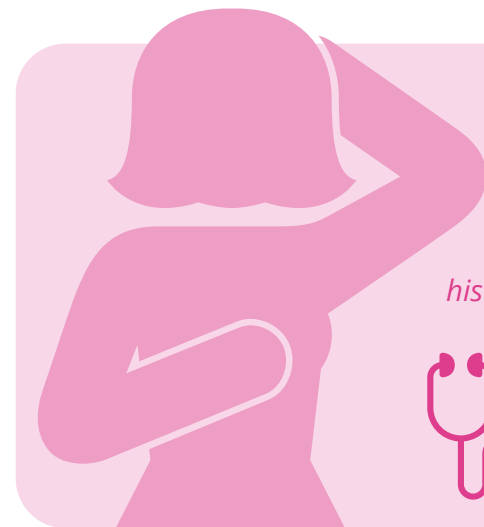
Note: The information in this brochure is not intended to be used for diagnosing illness or prescribing treatments. Please see your healthcare provider to discuss symptoms, care options, or other medical concerns.

Breast Cancer in Young Women

Most breast cancers are diagnosed in women who are more than 50 years old, but **younger women are also vulnerable**. Many young women are being **diagnosed with more aggressive breast cancers** at much younger ages, with much higher death rates.



Percentage of breast cancers first identified in women under the age of 45.



To reduce your breast cancer risk, become familiar with the size and shape of your breasts.

If you notice changes, feel pain, experience a discharge (other than breast milk), or have a family history of breast or ovarian cancer, talk to your doctor.

Your doctor can advise you regarding screening/diagnostic mammograms or other tests.

RISK FACTORS FOR BREAST CANCER



A close relative diagnosed with breast or ovarian cancer before age 45



Certain genes associated with breast cancer (BRCA1 and BRCA2)



Previous breast cancer, lobular carcinoma in situ (LCIS), or ductal carcinoma in situ (DCIS)



Ashkenazi Jewish heritage



Breast or chest radiation therapy earlier in life



Medical history of atypical ductal hyperplasia or lobular hyperplasia



Dense breast tissue

KNOW THE SYMPTOMS

See your doctor immediately if you notice any of these potentially problematic breast changes:

- Lumps, thickening, or swelling
- Nipple pulling in
- Changes in color, size, or shape
- Dimpling, or puckering of the skin
- Unexplained discharge
- Warmth, redness, itching, or scaling
- Persistent pain in an identifiable spot

