BREAST CANCER
with the Masonic Cancer Center

RISK FACTORS
- Family history
- Genetics
- Gender
- Older age
- Obesity
- Delaying childbirth
- Alcohol consumption

SIGNS & SYMPTOMS
- Swelling of all or part of a breast
- Nipple pulling inward/turning in
- New, hard mass (lump) anywhere in the breast or underarm
- Redness, scaliness, or thickening of the nipple or breast skin
- Skin irritation or dimpling (like an orange peel)
- Nipple discharge (other than breast milk)
SCREENING GUIDELINES

• All women who are at average risk of breast cancer should begin mammograms at age 40
• Talk to your healthcare provider to see how often you should have a mammogram — at least every other year

PREVENTION

• Know your family history
• Avoid smoking
• Breastfeed
• Exercise regularly
• Maintain a healthy weight
• Eat healthy foods
• Stay up-to-date on your breast exams and mammograms

WE CAN HELP YOU:

• Find a cancer doctor
• Access clinical trial options or enrollment
• Get connected to services available at UMN hospitals and clinics
• Receive resources for patients, families, and caregivers

Call (612) 624-2620 or email ccinfo@umn.edu

Scan for Community Outreach and Engagement Resources