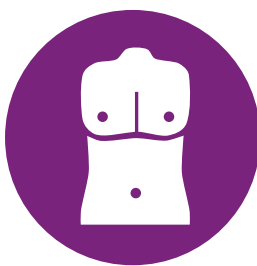
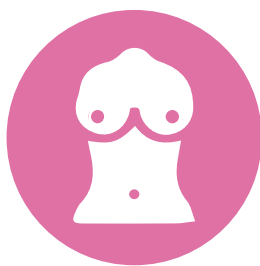




PINK HOPE

AM I AT RISK? Breast Cancer

Most common cancer
in Australian women.



..... **Also occurs in men**
although is less common.

28.2%

of all new cancers in women can be attributed to breast cancer.

14,000

Australian breast cancer cases are diagnosed **each year.**

< 1%

of breast cancer cases diagnosed each year being in men.

3 Main Breast Cancer Risk Factors



Gender

- Being a woman is the single biggest risk factor for developing breast cancer.
- 14,000 new cases of breast cancer are diagnosed each year in Australia.
- Of which 115 are in men.



Age

- The older the person the higher the risk.
- One in nine women will be diagnosed with breast cancer before the age of 85.
- Most breast cancers (75%) occur in women over the age of 50.



Family

- 5% of women diagnosed with breast cancer have inherited a fault in one of the known breast cancer genes - BRCA1 & BRCA2.
- A small number have an increased risk of developing breast cancer because of significant family history.



www.pinkhope.org.au

What can I do?



Regular screening



Mammogram screening



Adopt a healthy lifestyle



Maintain a healthy weight and diet



Monthly Breast Self examinations



Clinical examinations



Limit alcohol intake



Maintain a regular exercise plan