



**friends.
mothers.
daughters.
visionaries.
queens.
rulers.
women.**

**1 IN 8 WOMEN IN THE U.S. WILL BATTLE SOME FORM OF
BREAST CANCER DURING THEIR LIFETIME.**

1 IN 1000 MEN FACE THE SAME RISKS.

MOST COMMON INVASIVE CANCER IN WOMEN.

2ND LEADING CAUSE OF CANCER DEATH IN WOMEN.

RISK FACTORS

- Family history
- Reproductive history
- Lifestyle and environment
- Unhealthy habits
- Dense breasts
- Prior radiation
- Chemical exposure
- Low Vitamin D
- Sun tanning

PREVENTION

- Home breast exams
- Annual doctor visit
- Annual mammograms
- Healthy weight
- Regular exercise
- Limiting alcohol
- Nutritious diet
- Avoid smoking

Make an appointment to talk with your PMR Healthcare Provider today.
We're looking forward to helping you live your happiest, healthiest life!

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