



What You Need to Know About Breast Cancer

Facts

- Breast cancer is second only to skin cancer as the most common form of cancer in women.
- It is the second most fatal cancer among women.
- Breast cancer can develop at any age, and women's risk increases as they age; affecting 1 out of 7 women (over a lifetime).
- Most women diagnosed with breast cancer have no previous family history.
- Breast cancer can also occur in men (although it is uncommon).
- Good nutrition (lots of fruits and vegetables), reducing alcohol intake, regular exercise, and maintaining a healthy weight can help reduce your risk of developing breast cancer.

Wyoming lower income* women are at **increased risk due to inadequate screening** (1)

- Only 60.9% of Wyoming low income women report receiving a clinical breast exam in the past 2 years compared to 81.5% of higher income women.
- Only 67.2% of Wyoming low income women report having received a pap smear in the past 3 years compared to 88.5% of higher income women.
- Only 57.1% of Wyoming low income women (age 40+) report having received a mammogram in the past 2 years compared to 71.9% of higher income women.

*Low income defined as household income below \$25,000 a year.

(1) Data from Wyoming Behavioral Risk Factor Surveillance System (2004/2005). Wyoming Department of Health.

Talk with your health care provider about your individual risk factors and about self breast exams.

Risk Factors

- Being female - all women are at risk and risk increases as we age.
- Women who are carriers of the BRCA1 and BRCA2 gene have a greatly increased chance of developing breast cancer.
- *Other Factors May Include:* early menstruation (before age 12), menopause after age 55, alcohol consumption (more than 3 or 4 drinks a week); family history of breast cancer, sedentary lifestyle, obesity after menopause, long term combined female hormone replacement therapy, no full term pregnancies.

Wyoming Breast Care Resources

Caring for Women: 1-888-556-8074

Wyoming Breast & Cervical Cancer Early Detection Program: 1-800-264-1296

Women's Wellness at Wyoming Migrant Health: 1-877-754-5252 (Big Horn Basin Area)

Other Resources: Your local Family Planning Clinic or Public Health Nursing Office

For Additional Information: Contact the National Cancer Institute/Cancer

Information Service 1-800-4-CANCER or on the web: www.cancer.gov



**Wyoming Women's Health
Coordinating Center**
at The Wyoming Health Council

