

# Breast Cancer Awareness

Supervisor  
Crew  
Talk

## Facts about Breast Cancer

- Anyone can develop breast cancer, because everyone has breast tissue. Men typically just have a lot less of it, making breast cancer in men significantly less common.
- The risk of breast cancer increases with age, with the number of cases being highest in women between 50 and 69 years of age.
- Having one first degree relative with breast cancer approximately doubles your risk, and the more first degree relatives with breast cancer, the greater the risk.
- Drinking alcohol or smoking tobacco may increase the risk.
- Working hours outside the normal workday, especially night shifts, may slightly increase the risk.

## Screening



Routine mammograms are the best way to find breast cancer early, which is when treatment likely works better. Mammograms create x-rays of the breast, and can find an abnormality or lump that is too small to be felt.

If you are 50 to 74, the age range most likely to develop breast cancer, be sure to get a screening mammogram every two years or as decided by you and your healthcare provider.



If you, regardless of your gender, find any unusual changes on your own, don't panic! Most changes and abnormalities are not breast cancer, but should still be checked by your healthcare provider as soon as possible.

*Cancer screening can save your life.*

*"Safety is a core value and business priority"*



West Fraser