



Learn about breast cancer

Anyone can get breast cancer—even men. It's important to learn about breast cancer, its risk factors, and how to be proactive about your health.

Risk factors

Doctors aren't sure about the exact cause of breast cancer. They do know there are risk factors-- some outside your control and some within your control. These factors may increase your chances of breast cancer:¹

- Outside your control:
 - Your age
 - Family history
 - Genetics
- Within your control:
 - Drinking alcohol
 - Smoking
 - Being overweight
 - Being inactive

Be proactive about your health

When breast cancer is found early, before it's moved outside the breast tissue, 99 percent of people treated go on to live five years or more.² Here are some ways to take action and be proactive about your health:

- Perform self-examinations at least once a month.² Look and feel for changes in appearance, lumps or other irregularities. Learn how to do a monthly self-exam at [Breastcancer.org](https://www.breastcancer.org).

- Get medical checkups. Your primary care doctor or a gynecologist can do a thorough clinical exam. Make a breast exam part of your health routine.
- Schedule mammograms regularly. Mammograms are non-invasive x-rays of the breasts that look for signs of cancer. The images are reviewed by a doctor who looks for any abnormal changes. Mammograms are recommended for women starting at age 40 or earlier when there are known risk factors.² Mammograms are important when it comes to finding breast cancer early.

Spread the word

You can help by being a breast cancer advocate. Encourage others to be proactive about their breast health. Share information about breast cancer prevention. Volunteer your time at a local breast cancer hospital or organization. By sharing your awareness, you can help others stay healthy.

It's important to learn about breast cancer. Your knowledge may help someone you love.

¹[Breast cancer risk and prevention](#). Available at: Cancer.org. Accessed February 2025.

²[Early detection](#). Available at: Nationalbreastcancer.org. Accessed February 2025.

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