

BREAST

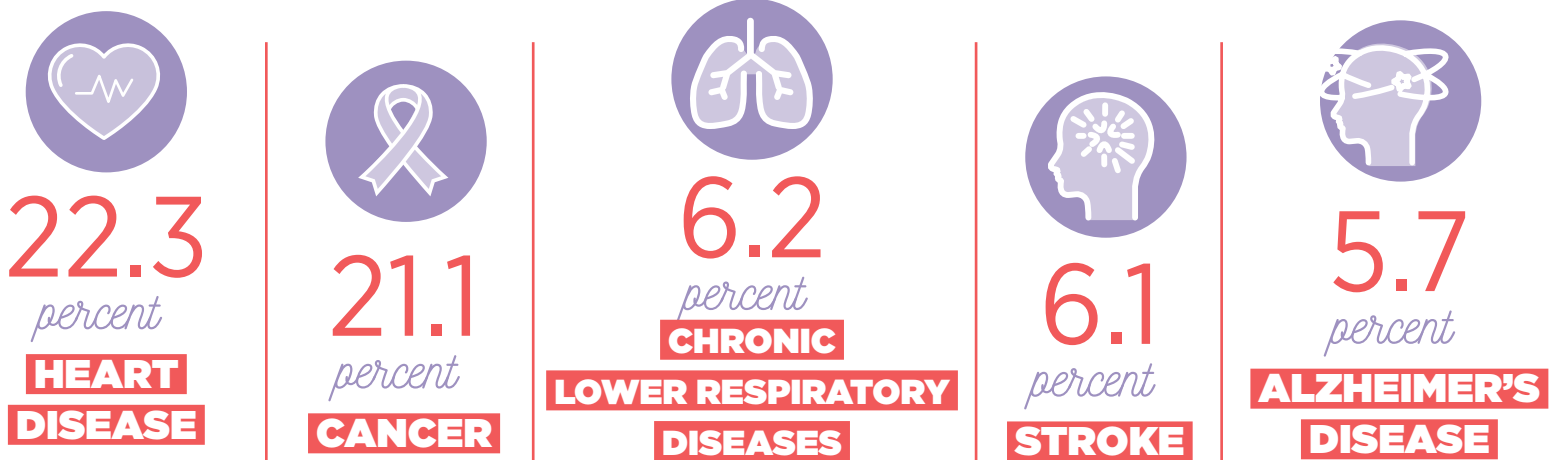


CANCER

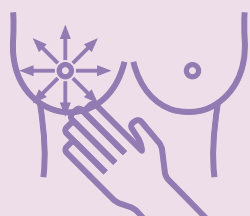
BASICS

Women's Leading Health Threats

Breast cancer is not the No. 1 health threat to women. The top five disease-related causes of death, per the CDC, are:

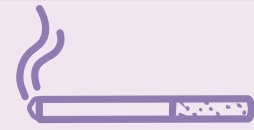


Lung cancer is the leading cause of cancer death in women.



Breast cancer is the second.

Cancer Close-Up



Cancer deaths overall continue to decline due to decreases in tobacco use and early detection.

A Brief History of Breast Cancer

1882



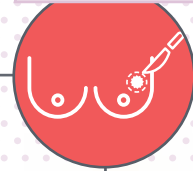
William Halsted performed the first radical mastectomy to treat breast cancer.

1937



Breast cancer was treated for the first time with a combination of breast-sparing surgery and radiation.

1985



Lumpectomy was used to treat breast cancer with similar survival rates as mastectomies.

2015

Breast cancer deaths declined 39 percent from 1989.

Reduce Your Risk

To reduce your breast cancer risk, follow screening, mammogram recommendations and make these lifestyle changes.

Maintain a healthy weight for your height—**BMI <18.5 to 25.**



Get **7 to 9 hours** of sleep each night.



Exercise for **150 minutes** or more hours each week.



Stick to **1 alcoholic beverage** per day.



Spend **fewer than 3 hours** of free time a day sitting.

