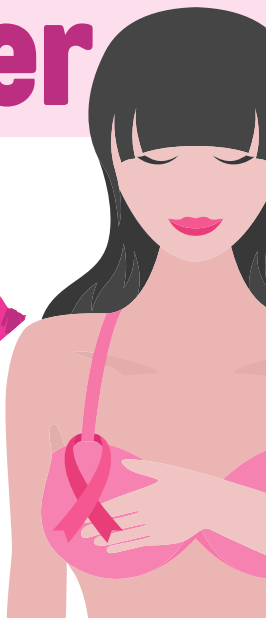


# Breast Health and Cancer



**1 IN 8 WOMEN**

will be diagnosed with breast cancer in their lifetime



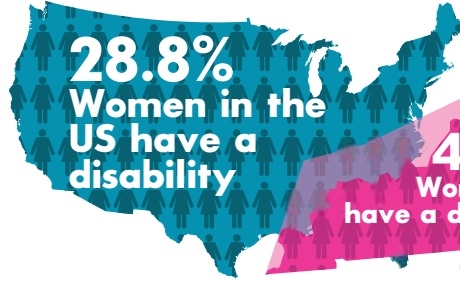
(National Cancer Institute, 2019)

Disabled adults are about

**2X**

more likely to have had cancer than nondisabled adults

(excluding skin cancer) (CDC, 2021)



**40.7%**  
Women in KY have a disability

(CDC, 2021)

26% of disabled women aged 50 to 74 have not had a mammogram in the past 2 years



(CDC, 2021)

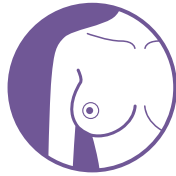
## Signs and Symptoms



Lumps or dimples



Size or shape change



Pulled in nipple



Breast or armpit pain



Discharge



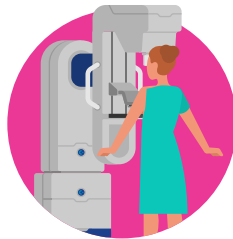
Redness or rash

## Key Terms



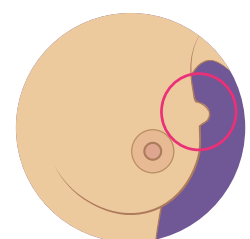
**OB/GYN**

A doctor who specializes in women's health



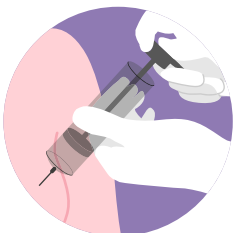
**Mammogram**

An x-ray picture of the inside of the breast



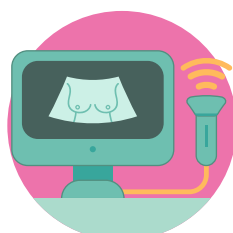
**Cyst/Lump/Tumor**

An abnormal bump that may need to be checked by a healthcare provider



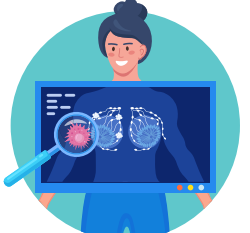
**Biopsy**

When tissue is removed from the body to test for cancer cells



**Ultrasound**

A picture of the inside of the body



**Additional Imaging**

More pictures are needed, but does not necessarily mean anything is wrong

# Risk Factors



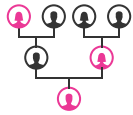
Certain gene changes or mutations



Dense breast tissue



Age, Sex, Race and Ethnicity



Personal and family breast or health history



Hormonal and period cycle development



Reproductive history



Hormone medication, including certain birth control



Drinking alcohol or smoking



Physical inactivity



Not eating enough fruits and vegetables



Overweight after menopause



## How is Breast Cancer found?

**Mammograms are the best way to find breast cancer early because they show lumps that are too small to feel**



Contact a healthcare provider or OB/GYN if you notice changes to your breast



Schedule routine screenings

**If uninsured, contact the Kentucky Women's Cancer Screening Program**

**(844) 249-0708**

or visit

[www.bit.ly/KWCSPscreening](http://www.bit.ly/KWCSPscreening)

**Contact a local provider:**

*add local clinic or organization here*

### Your family history matters

You are 2-3 times more likely to get breast cancer if someone in your family has had it

(American Cancer Society, 2021)

Additional Resources

Scan QR code or visit

[bit.ly/WomensHealthResources](http://bit.ly/WomensHealthResources)



The information on this resource is from the [American Cancer Society](#), the [Centers for Disease Control and Prevention](#), and the [Kentucky Cancer Program](#).