



Breast Cancer

Know the facts! Learn about risks and early detection resources for breast cancer

DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA



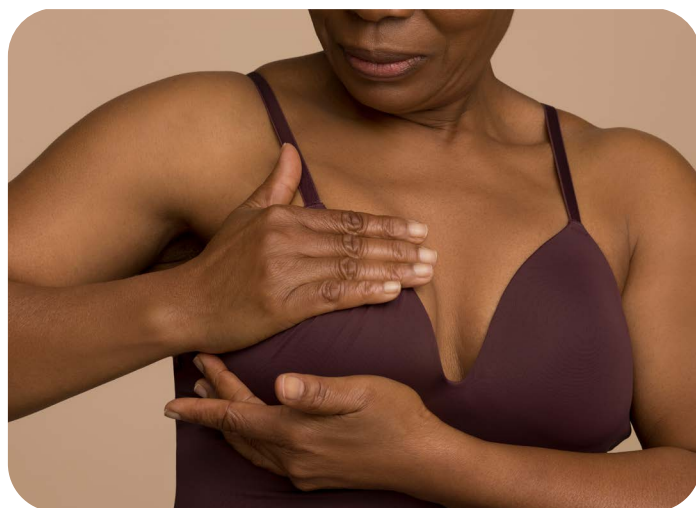
What is breast cancer?

Breast cancer is the most commonly diagnosed cancer among women in the US and occurs when abnormal cells in the breast grow out of control. Breast cancer screening can help find breast cancer early, when it is easier to treat. Treated cancer can support patients to have a long life and untreated cancer can cause serious illness and even death.



How to Know If I'm At Risk?

- **Age:** Being over 50 years old
- **Sex:** Being a woman, although it's rare, men can get breast cancer
- **Race:** You are Black/African American
- **Family history:** Someone in your family has had breast cancer
- **Genetic factors:** Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2
- **Taking hormones:** Some forms of hormone replacement therapies (those that include both estrogen and progesterone) taken during menopause and birth control pills also have been found to raise breast cancer risk
- **Being overweight or physically inactive**
- **Drinking alcohol**
- **Reproductive history:** Having ones first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy¹



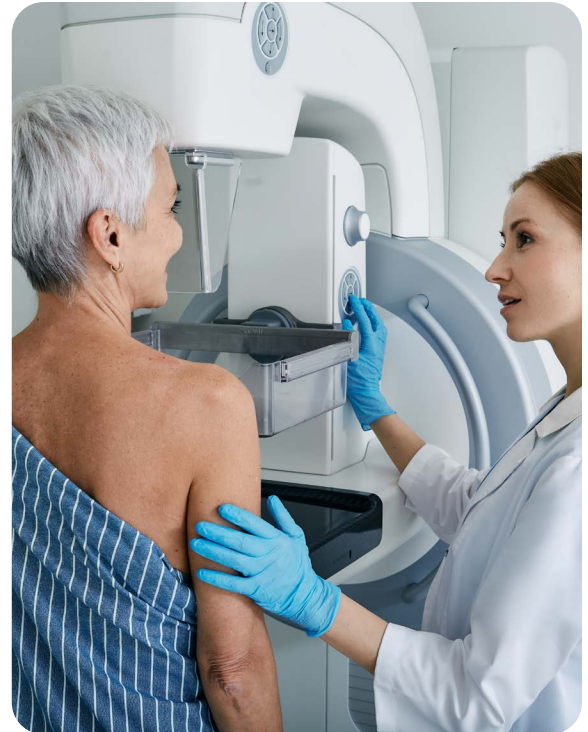
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How Can Breast Cancer be Found?

Breast cancer can be found during a series of tests performed by health care professionals often referred to as screenings. Generally, a provider will do a clinical breast examination followed by a mammogram. A mammogram is a special picture of the breast also called a breast cancer screening. To take the picture your health care provider will place your breast between two x-ray plates. For less than a minute there may be a little discomfort as the image is captured. Further tests may be done if anything abnormal is found.

It is recommended that **women who are 40 to 74 years old and are at average risk for breast cancer get a mammogram every 2 years.** Different screening recommendations may be used for women at higher-than-average risk (family history of breast cancer, have mutations in genes BRCA1 and BRCA2). Talk to your doctor about your risk level and which screening tests are right for you.²



Resources

- » **DC Health Link:** Affordable healthcare coverage program in accordance with Affordable Care Act for DC residents | dchealthlink.com/individuals
- » **Project WISH:** DC Health provides free breast and cervical cancer screening, diagnostic follow-up, patient navigation, transportation assistance, and cancer education for eligible District, Maryland, and Virginia residents. The program partners with Breast Care for Washington (202-465-7164) and Ralph Lauren Center for Cancer Prevention (202 687 5367) to provide breast services and Family Medical Counseling Services (202 889 7900) to deliver cervical services. | dchealth.dc.gov/service/project-wish
- » **LinkU:** Comprehensive platform to identify medical care, food, and housing resources in the DC Metropolitan area. | linkudmv.org/
- » **DC Quit Now:** Offers no-cost programs, medications, and tips from former DC smokers that can help you stay tobacco-free. | dcquitnow.org/

Sources:

¹ <https://www.cdc.gov/breast-cancer/risk-factors/index.html>

² <https://www.cdc.gov/breast-cancer/screening/index.html>