

What are my risk factors?

- Being aged 50 or older
- Dense breast tissue
- Having a mother or sister with breast cancer especially before the age of 50
- Not having any children or being more than 30 years old when a first child was born
- Starting menstruation before age 12
- Late menopause

What can I do?

- Limit alcohol intake
- Talk to your doctor about alternatives for hormone therapy
- Control your weight, particularly after menopause
- Breast feed: the longer you breast feed the greater the protection
- Get plenty of exercise. 60 minutes of moderate physical activity is recommended daily

DID YOU KNOW: 1 in 9 Canadian women will be diagnosed with breast cancer in their lifetime.

Our Mission:

“Inspired by one family's search for a cure, the Breast Cancer Society of Canada's mission is to engage in grassroots fundraising that supports patient focused research for diagnosis, treatment and prevention.”

“I think about Pam all the time, but it was almost as devastating to find out there were thousands of more daughters besides my own with breast cancer”
~Lawrence Greenaway, Founder

Volunteer

The Breast Cancer Society of Canada needs your help in many ways including events in your community like our annual Mother's Day Walk. Assist with fundraising, special projects, administrative office support and much, much more! Contact volunteer@bcsc.ca or call **1-800-567-8767** for more information.



To make a donation, please visit www.bcsc.ca or call **1-800-567-8767**



BREAST CANCER SOCIETY
of Canada™
LA SOCIÉTÉ DU CANCER DU SEIN
du Canada™

THERE IS ONLY ONE
thing worse than finding a
lump... **NOT**
finding a **LUMP!**

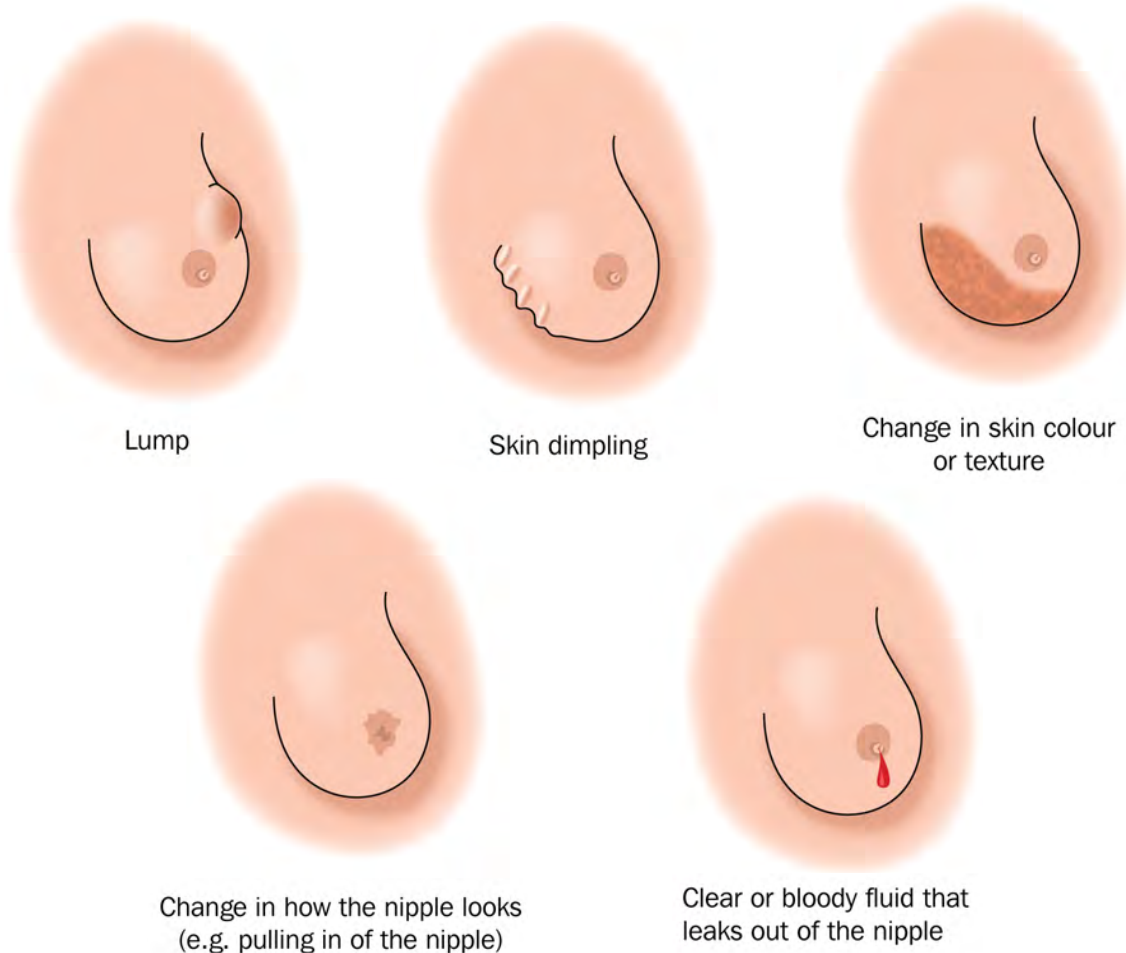


The Breast Cancer Society of Canada
Toll Free: 1-800-567-8767
www.bcsc.ca bcsc@bcsc.ca

What to Look for?

Get familiar with the appearance and feel of your breasts. If you detect any changes, report them to your doctor. Remember, 80% of lumps found are not cancerous!

So don't be afraid, just Check 'em



Mammograms & Screening

Most breast cancers found by organized screening programs are found at an early stage. All of the provinces and territories in Canada offer free regular breast screening for women aged 50 – 69. No more excuses, **“Check’ em”**

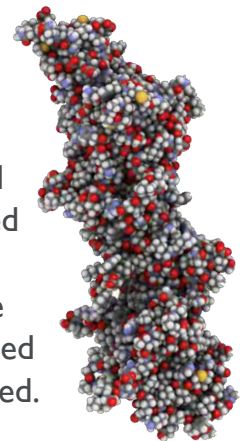
For regional breast screening programs by province please visit www.bcsc.ca.

Thermography

STOP!!! If you have considered thermography instead of mammography, please don't! Health Canada is warning Canadians that thermography machines are not approved for use in Canada for breast cancer screening.

Worried you are high risk for breast cancer or carrying the BRCA1 or BRCA2 gene?

Your first step is to contact your primary health care provider. If you are deemed high risk, you will be referred to an accredited genetic counselling clinic. It can take several months to be assessed and several more to be tested.



FACT: 40% of diagnosed breast cancers are detected by women who feel a lump. If your cancer is found early, you may have simpler surgery and less need for chemotherapy.