



September 2008

Breast Cancer: Are You at Risk?

The following factors put you at risk for breast cancer. Discuss these with your physician to learn how you can protect yourself.

- Genetics: 5 – 10 percent of cases are thought to be hereditary
- Chest radiation treatment between the ages of 10 and 30
- Previous breast cancer diagnosis
- Aging: about 2 out of 3 women are 55 or older when diagnosed
- Race: white women are slightly more likely to develop breast cancer
- Early menstruation (before 12) or late menopause (after 55)
- Diethylstilbestrol (DES) exposure
- Not having children or having children after age 30
- Oral contraceptive use
- Postmenopausal Hormone Therapy (PHT)
- Alcohol use – 2 to 5 drinks daily
- Obesity

The American Cancer Society's

Making Strides Against Breast Cancer

Please Join Us October 25, 2008 at the
Lake at Tradition Port St Lucie

Extra! Extra! Read All About It!

*2008 Making Strides Against Breast Cancer
Is coming to town in October!*

*Saturday Oct. 25, 2008
Registration 7:30 a.m. Walk at 9 a.m.*

*If you are a breast cancer survivor, you will be honored at a
Survivor Breakfast at 8 a.m.
please contact us to reserve your spot*

*The fight against breast cancer continues.
Your help is needed more than ever!*

*Please join us at
The Lake at Tradition
Port St Lucie for Making Strides 2008!*

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The American Cancer Society serves cancer patients, survivors, their families and others who need up-to-date, reliable cancer information and support. We offer:

A toll-free cancer information service available 24 hours a day, seven days a week.

A state of the art Web site with tools to help guide patients & their families through treatment and recovery.

Comprehensive cancer information in a variety of languages, including Spanish-speaking information specialists and oncology nurses at 1-800-ACS-2345.

Cancer Survivors Network, an online community where patients, survivors & caregivers share experiences to inspire strength & hope.

Reach to Recovery, a support program that pairs trained breast cancer survivors with patients to provide guidance through diagnosis, treatment, and recovery.

Look Good...Feel Better, helping patients cope with changes in appearance and the side effects of cancer treatment.