

A weekly resource  
for your well-being

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## A TIP FOR TENNESSEANS

October 3, 2017

### THINK PINK: THE LATEST BREAST CANCER FACTS

There's a good chance you know someone who has been affected by breast cancer. That's because about one in eight U.S. women will get breast cancer at some point in their lives. And that's a good reason to stay up-to-speed on the latest breast cancer news and facts. Here are seven things you should know:

**1. It's not just for women.**

Every year, more than 2,000 men get breast cancer, and more than 400 die.<sup>1</sup> Read up on the [risk factors for men](#). They may be a little different than for women.

**2. A lump is the most common sign.** Luckily, most are not cancerous. But if you find one, don't delay talking to your doctor. Other warning signs include breast pain, swelling and dimpling of the skin.

**3. As you age, your risk goes up.**

The average age women are diagnosed with breast cancer is 61. For men, the average age of diagnosis is between 60 and 70 years old.

**4. About 10% of breast cancer cases are hereditary.<sup>2</sup>**

Most people who get breast cancer have no family history of it. But if breast cancer runs in your family, your risk may be higher. Talk to your doctor about screening earlier and more often.



**Use your resources.**

Moving more may help fight certain cancers. Sign in to [your Well-Being Account](#) and use your exercise tracker to keep tabs on your progress.



**QUICK LINKS**

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Women who are overweight after menopause may be at greater risk for breast cancer. [Check your BMI](#) and talk to your doctor to learn if weight loss is right for you.

#### **6. So can regular exercise.**

The CDC suggests 150 minutes of physical activity a week for a healthy lifestyle. So get moving—you can help prevent breast cancer while you're at it.

#### **7. Death rates from breast cancer are going down.**

New cases of breast cancer remain steady overall. But there are more survivors in the U.S. than ever before—3.1 million, to be exact.<sup>3</sup> This is due to better awareness and earlier screening. [Check screening guidelines](#) for your age group to make sure you're doing all you can to prevent breast cancer.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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