

A1

Ways to Reduce Breast Cancer Infographic

**Ways to Reduce Your Risk
for Breast Cancer**

- 
Keeping a healthy weight.
- 
Exercising regularly.
- 
Getting enough sleep.
- 
Limiting alcohol intake.
- 
Breastfeeding your babies.

BRING YOUR brave.
www.cdc.gov/BringYourBrave
[#BringYourBrave](https://twitter.com/BringYourBrave)

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

B1

Learn Your Family History Infographic (General Public Version)



The infographic is divided into two main sections. The top section features a black and white portrait of a woman on the left. To her right, the text reads 'BRING YOUR brave.' with a pink ribbon symbol. Below this is the title 'Take Action to Lower Your Breast and Ovarian Cancer Risk' and a paragraph of text. The bottom section has a pink background and features a stylized tree icon where the leaves are represented by human figures. To the right of the tree is a list of five tips for asking relatives about their cancer histories.

BRING YOUR brave.

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

B2

Learn Your Family History Infographic (African American Version)



BRING YOUR
brave.

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage. African American women under the age of 35 have breast cancer rates that are two times higher than White women of the same age.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

B3

Learn Your Family History Infographic (Ashkenazi Jewish Version)



**BEING YOUR
brave.**

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage. One in 40 Ashkenazi Jewish women has a BRCA gene mutation, compared to one in 500 women in the general population, putting them at an increased risk for breast cancer at a young age.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

C1

Lisa: Start the Conversation about Family History of Breast Cancer



<https://www.youtube.com/watch?v=z4GezJiATLQ>

C2

Jackie: Taking Action for My Daughter



<https://www.youtube.com/watch?v=KNzRNWi4Qgc>

C3

Cara: My Breast Cancer Journey



<https://www.youtube.com/watch?v=TL1hZ9RB5E0>

D1

Breast Cancer in Young Women Fact Sheet (General Public Version)



BRING YOUR
brave.
BREAST CANCER
IN YOUNG WOMEN

Breast cancer is one of the most common cancers in American women. Most breast cancers are found in women who are older than 45, but breast cancer also affects younger women.

About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age. In young women, breast cancer is often diagnosed at a later stage and is more difficult to treat.

WHO HAS A HIGHER RISK?

Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are a woman younger than age 45, you may have a higher risk if—

- You have close relatives who were diagnosed with breast or ovarian cancer (particularly at age 45 or younger, or male).
- You have changes in certain breast cancer genes (BRCA1 and BRCA2).
- You are of Ashkenazi Jewish heritage.
- You were treated with radiation therapy to the breast or chest in childhood or early adulthood.
- You have had breast cancer or other breast conditions.

WHAT SHOULD I DO IF I THINK I AM AT RISK?

Learn your family history of breast and ovarian cancer, and talk to your doctor. Your doctor may refer you to a genetic counselor, recommend that you get screened earlier and more frequently, and consider medicines or surgeries that can lower your risk.

It is important for you to know how your breasts normally look and feel. Talk to your doctor if you notice any changes in your breasts.

WHAT CAN I DO TO LOWER MY RISK OF BREAST CANCER?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get adequate sleep.
- Limit alcoholic drinks to no more than one per day.

- Breastfeed any children you may have, if possible.
- Talk to your doctor about which chemicals you can avoid that can cause cancer (carcinogens) or interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

FOR MORE INFORMATION:

www.cdc.gov/BringYourBrave
Facebook: [CDCBreastCancer](https://www.facebook.com/CDCBreastCancer)
Twitter: [@CDC_Cancer](https://twitter.com/CDC_Cancer)
(800) CDC-INFO TTY: (888) 232-6348



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U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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U.S. Department of
Health and Human Services
Centers for Disease
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D2

Breast Cancer in Young Women Fact Sheet (African American Version)



Breast cancer is one of the most common cancers in American women. Most breast cancers are found in women who are older than 45, but breast cancer also affects younger women.

About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age. In young women, breast cancer is often diagnosed at a later stage and is more difficult to treat.

African American women are more likely to be diagnosed with breast cancer at younger ages.

WHO HAS A HIGHER RISK?

Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are a woman younger than age 45, you may have a higher risk if—

- You have close relatives who were diagnosed with breast or ovarian cancer (particularly at age 45 or younger, or male).
- You have had breast cancer or other breast conditions.
- You have changes in certain breast cancer genes (BRCA1 and BRCA2).
- You were treated with radiation therapy to the breast or chest in childhood or early adulthood.

WHAT SHOULD I DO IF I THINK I AM AT RISK?

Learn your family history of breast and ovarian cancer, and talk to your doctor. Your doctor may refer you to a genetic counselor, recommend that you get screened earlier and more frequently, and consider medicines or surgeries that can lower your risk.

It is important for you to know how your breasts normally look and feel. Talk to your doctor if you notice any changes in your breasts.

- Breastfeed any children you may have, if possible.
- Talk to your doctor about which chemicals you can avoid that can cause cancer (carcinogens) or interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

WHAT CAN I DO TO LOWER MY RISK OF BREAST CANCER?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get adequate sleep.
- Limit alcoholic drinks to no more than one per day.

Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

FOR MORE INFORMATION:

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Twitter: @CDC_Cancer
(800) CDC-INFO TTY: (888) 232-6348



D3

Breast Cancer in Young Women Fact Sheet (Ashkenazi Jewish Version)



BREAST CANCER IN YOUNG ASHKENAZI JEWISH WOMEN

Breast cancer is one of the most common cancers in American women. Most breast cancers are found in women who are older than 45, but breast cancer also affects younger women.

About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age. In young women, breast cancer is often diagnosed at a later stage and is more difficult to treat.

One in 40 Ashkenazi Jews has an increased risk of developing hereditary breast and ovarian cancer.

WHO HAS A HIGHER RISK?

Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are a woman younger than age 45, you may have a higher risk if—

- You have close relatives who were diagnosed with breast or ovarian cancer (particularly at age 45 or younger, or male).
- You have changes in certain breast cancer genes (BRCA1 and BRCA2).
- You are of Ashkenazi Jewish heritage.
- You were treated with radiation therapy to the breast or chest in childhood or early adulthood.
- You have had breast cancer or other breast conditions.

WHAT SHOULD I DO IF I THINK I AM AT RISK?

Learn your family history of breast and ovarian cancer, and talk to your doctor. Your doctor may refer you to a genetic counselor, recommend that you get screened earlier and more frequently, and consider medicines or surgeries that can lower your risk.

It is important for you to know how your breasts normally look and feel. Talk to your doctor if you notice any changes in your breasts.

- Breastfeed any children you may have, if possible.
- Talk to your doctor about which chemicals you can avoid that can cause cancer (carcinogens) or interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

WHAT CAN I DO TO LOWER MY RISK OF BREAST CANCER?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get adequate sleep.
- Limit alcoholic drinks to no more than one per day.

Talk to your doctor about more ways to lower your risk.
Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

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E1

Payment for Genetic Services Factsheet



Genetic counseling and testing are recommended if you have a family medical history with certain patterns of cancer, to find out if you have if you have changes in your BRCA genes.

- A genetic counselor is a trained health care provider who will review your personal and family medical history with you and explain genetic testing.
- Genetic testing is done using a blood or saliva sample, which is taken to a laboratory, doctor's office, hospital, or clinic for processing.
- Genetic testing can be helpful regardless of the result, but is most informative if a family member affected by cancer is tested first.

THE COST OF GENETIC COUNSELING

The cost of genetic counseling and testing depends on:

- Whether someone else in your family has been told that he or she has a genetic mutation related to cancer.
- Which laboratory performs the test.
- Which genes are tested.

INSURANCE COVERAGE

If you have a higher risk of **hereditary** cancers (cancers that run in your family on either or both sides), insurance companies must pay the entire cost of genetic counseling and BRCA gene testing. A genetic counselor or expert can help you find out if you're at higher risk, and work with your insurance company to make sure you receive these services.

MEDICARE COVERAGE

Medicare covers BRCA gene testing for some people who have had male or female breast cancer, ovarian, or fallopian tube cancers. Medicare does not cover the cost of genetic testing for those who have never had cancer. In 2015, some regions expanded Medicare coverage of genetic services. A genetic counselor can help you understand your Medicare coverage for genetic testing.

FINANCIAL ASSISTANCE

For those who cannot afford it, financial help may be available to cover the cost of genetic testing. Some laboratories offer financial help, and people who have been diagnosed with cancer may be able to get genetic testing free of charge as part of a treatment study. A genetic counselor can help you find out if you qualify for a financial assistance program.

Before you consider genetic counseling and testing, we recommend you take the *Know: BRCA Assessment* and talk to your doctor to learn if your family history puts you at a higher risk for changes in your BRCA genes.

FOR MORE INFORMATION:

For more information regarding financial assistance, genetic services, or other topics pertaining to breast cancer risk among young women, please visit www.cdc.gov/BringYourBrave.



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