TOO YOUNG TO THINK ABOUT BREAST CANCER? THINK AGAIN!

The choices you make today can have a big influence on your future cancer risk. Take smoking, for example: smoking and being exposed to second-hand smoke can double girls’ risk of breast cancer.

KNOW THE NUMBERS

Cancer diagnoses among Canadian women

65 WOMEN ARE DIAGNOSED EVERY DAY

But older women are not the only ones diagnosed...

20% WOMEN AS YOUNG AS CAN ALSO GET BREAST CANCER

KNOW THE RISKS

However, the biggest risk factors for breast cancer are gender and age. But a woman’s risk increases if she...

- Has a family history of breast cancer
- Has had breast cancer before
- Has never been pregnant
- Smokes or is exposed to second-hand smoke
- Is overweight or underweight
- Drinks alcohol

Chemicals from cigarette smoke circulating in the blood are attracted to fat cells, the major component of breast tissue.

These chemicals can build up in breast tissue, changing the cells around them and leading to cancer.

HOW DOES CIGARETTE SMOKE INCREASE RISK?

WHEN ARE THESE CHEMICALS MOST DANGEROUS?

WHAT CAN YOU DO?

DON’T SMOKE

AVOID SECOND-HAND SMOKE

CHECK YOUR BREASTS

EAT WELL

EXERCISE

LIMIT ALCOHOL

Get informed. To learn more about breast cancer and smoking, visit: www.start.ok.ubc.ca

Sources:

EAT WELL   EXERCISE   LIMIT ALCOHOL

2X RISK

Cancer diagnoses among Canadian women

1 in 9 WOMEN WILL GET BREAST CANCER AT SOME POINT IN THEIR LIFE

ALL OTHER CANCERS

NO AMOUNT OF CIGARETTE SMOKE IS SAFE

Breast cancer diagnoses among Canadian women

65

BREAST CANCER

ALL OTHER CANCERS

26%

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