

TOO YOUNG TO THINK ABOUT BREAST CANCER? THINK AGAIN!

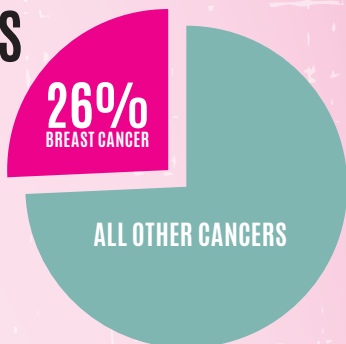
2X RISK

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.**

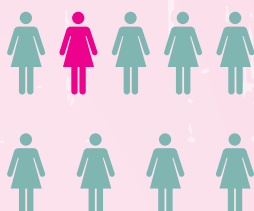


KNOW THE NUMBERS

Cancer diagnoses among Canadian women



65 WOMEN ARE DIAGNOSED EVERY DAY



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

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



20 WOMEN AS YOUNG AS CAN ALSO GET BREAST CANCER

KNOW THE RISKS

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



HOW DOES CIGARETTE SMOKE INCREASE RISK?



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

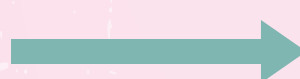


These chemicals can build up in breast tissue, changing the cells around them and leading to cancer.

WHEN ARE THESE CHEMICALS MOST DANGEROUS?



Puberty



End of first pregnancy



NO AMOUNT OF CIGARETTE SMOKE IS SAFE

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:
 1. Canadian Cancer Society website. [Breast Cancer Statistics 2013](#).
 2. Canadian Breast Cancer Foundation website. 2013. [Breast Cancer Risk Factors](#).
 3. Johnson, K. et al. (2009). [Active smoking and secondhand smoke increase breast cancer risk; the report of the Canadian Expert Panel on Tobacco Smoke and Breast Cancer Risk \(2009\)](#), Tobacco Control, 20, 1, e2.