

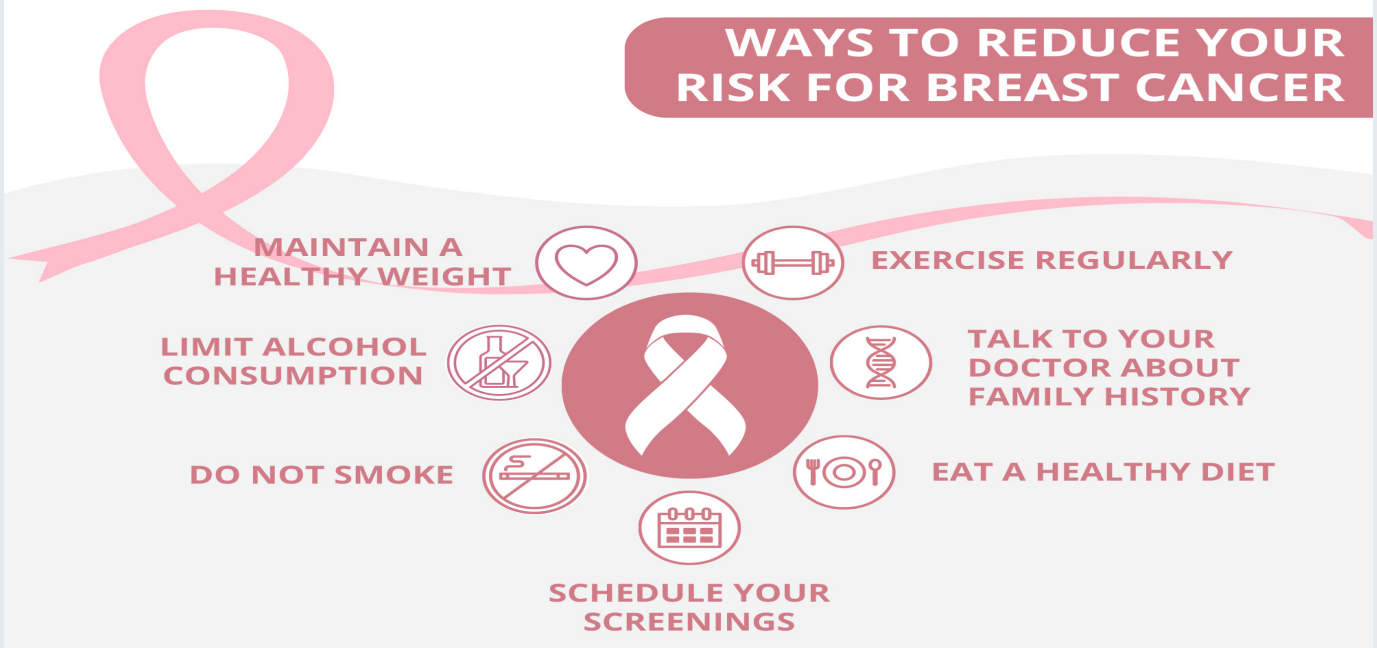
Breast Cancer Awareness

The Importance of Early Detection

Every October, pink ribbons and heartfelt campaigns remind us of the significance of Breast Cancer Awareness Month. And for good reason: Breast cancer remains one of the **most prevalent** cancers in the United States, with **1 in 8 women**, or approximately 13% of the female population, estimated to **develop breast cancer** in their lifetime.

However, when caught in its earliest, localized stages, the 5-year relative **survival rate** is **99%**. Early detection of breast cancer is crucial because it increases the chances of successful treatment and survival. **Regular screenings**, such as mammograms, breast ultrasounds, and clinical breast exams, can help detect abnormalities early. Although breast cancer cannot be completely prevented, there are **lifestyle habits** you can implement along with regular screenings to help reduce your risk.

WAYS TO REDUCE YOUR RISK FOR BREAST CANCER



SOURCES: Centers for Disease Control & Prevention, National Breast Cancer Foundation, American Cancer Society