



# Community Health Education

# POWER IN

# PINK!

## Breast Cancer Awareness Month

### What is Breast Cancer?

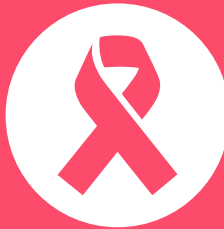
Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer.

### What are symptoms of Breast Cancer?

Different people have different symptoms of breast cancer. Some people do not have symptoms at all.

#### Risk Factors YOU CAN NOT CHANGE

- *Being a woman*
- *Getting older*
- *Family history*
- *Genetic mutations*
- *Personal history of breast cancer*
- *Family history of breast cancer*



#### Risk Factors YOU CAN CHANGE

- *Taking hormones*
- *Reproductive history*
- *Not being physically active*
- *Being overweight or obese after menopause*
- *Drinking alcohol*



### Who Is at High Risk for Breast Cancer?

If you have a strong family history of breast cancer or inherited changes in your genetic mutations, you may have a high risk of getting breast cancer.

**If you have any signs or symptoms that worry you, be sure to see your doctor right away.**

For more information, please contact the Community Health Education Program at 520-562-5100

Gila River Indian Community Tribal Health Department

Source CDC.GOV

