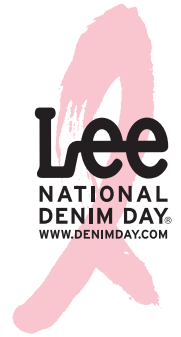




GET THE FACTS

LEE NATIONAL DENIM DAY®

Denim Day® funds some of the nation's most groundbreaking and collaborative efforts to fight back against breast cancer. Here's what you should know about the disease, and why it's more important than ever to put on your jeans and donate \$5 this October 8:



BY THE NUMBERS

- One in every eight women will be diagnosed with breast cancer in her lifetime.
- One person is diagnosed with breast cancer every three minutes in the United States.
- In the U.S. there were 192,370 new cases of invasive breast cancer and 40,170 deaths from breast cancer in 2009.
- There are more than 2.5 million breast cancer survivors alive in the U.S. today.
- While white women in the U.S. have a higher incidence of breast cancer, African Americans have a higher death rate from breast cancer.

WHO'S AT THE HIGHEST RISK?

Research shows certain factors increase a woman's chance of getting breast cancer, including the following:

- A family or personal history of breast cancer.
- Getting older. About 2 out of 3 women with invasive breast cancer are 55 or older when the cancer is found.
- Carrying a BRCA1 or BRCA2 mutation, or another breast cancer predisposing gene.
- Early onset of menstruation or late onset of menopause.
- Never having children or having them later in life.
- Having denser breast tissue.

WHAT YOU CAN DO

- Women in their 20s and 30s should have a clinical breast exam as part of a periodic health exam by a health professional, preferably every 3 years.
- After age 40, women should have a clinical breast exam by a health professional every year.
- If you believe you are at high risk (greater than 20% lifetime risk) as defined by the factors above, see your doctor about the benefits and limitations of adding MRI screening to your yearly mammogram.
- If any change occurs in your breast, such as redness, pain, swelling or discharge, visit your doctor.
- If you or your family members have a history of young-onset breast cancer and/or ovarian cancer, see a genetic counselor for BRCA risk assessment.



TEAM MEMBERS AT
BEREAN CHRISTIAN CELEBRATE DENIM DAY!



For questions about EIF's Women's Cancer Programs, visit eifoundation.org or call 800-426-0010.

For questions about the Cancer Support Community, visit cancersupportcommunity.org or call 888-445-3248.

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