









## WHO MIGHT BE AT RISK FOR BREAST CANCER ?

*"Cancer has no prejudice!"*  
Martha Red Willow (Oglala Sioux)

-  Any woman as she grows older, especially over the age of 50.
  -  Women who have a family history of breast cancer (mother, sister or daughter).
  -  Women who have had other cancer(s) (e.g., breast, lung, ovary, colon).
  -  Women who have symptoms (e.g., lumps, dimpling, or nipple discharge).
  -  Women who have experienced early menstruation/"moon" (before age twelve).
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-  Women who experience a late menopause, a time when their menstruation "moon" stops (e.g., in their fifties).
  -  Women who had their first birth after age 30 or women who never gave birth.
  -  Women who are obese might find it hard to identify breast changes.

\* If you have one or more of these risk factors for breast cancer, this does NOT mean that you have breast cancer or will develop it. It means that you need to talk with your health care provider about these breast changes and set up a personal schedule for finding changes as early as possible through monthly breast self exams, annual clinical breast exams by your health provider, and mammograms.

Breast cancer is the most common type of cancer found in American Indian Women

Native American Women are generally diagnosed in the late stages of the disease

75% of breast cancer patients have no known risk factors

**AT RISK FOR BREAST CANCER**

**MAMMOGRAM INFORMATION**