

# Early Detection of Breast Cancer Saves Lives

## Screening Mammogram

If you meet the criteria below, talk to your physician about a screening mammogram:

Age 40+

Family history of breast cancer

Any other contributing factors

## Risk Factors

The following factors can increase your risk for breast cancer:

- Drinking alcohol in any quantity (greater amounts increase your risk)
- Being obese or overweight, especially after menopause
- Getting less than the recommended 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week
- Never having children or having the first child after 30
- Using oral contraceptives
- Over age 55

Many women diagnosed with breast cancer have no identifiable risk factors, so routine screenings are essential to early detection.

## Beating Breast Cancer Starts Here

Breast cancer is the second most common type of cancer affecting U.S. women. While diagnosis of breast cancer is expected to increase, there are many women surviving breast cancer due to early detection and state-of-the-art therapies.

AdventHealth Cancer Institute is committed to preventing, diagnosing and treating breast cancer. Every patient is assigned a team of oncologists that works to develop the best possible solutions, ranging from traditional treatments to minimally invasive surgeries.

Our team of medical oncologists, radiation oncologists, surgeons and support specialists is committed to developing advanced therapies to treat breast cancer with the best possible outcomes.

**For more information or to schedule a screening appointment, call 866-366-7465 or visit [AdventHealthCancerInstitute.com](https://www.AdventHealthCancerInstitute.com).**



**Cancer Institute**

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