



1. Breast cancer is the most common cancer in women.
2. 1 in 8 women in USA suffers from breast cancer. Texas is one of the 11 states where the rate of breast cancer is the highest.
3. Breast cancer is the second leading cause of death amongst the women.
4. For every 100 women who are diagnosed with invasive breast cancer there are 25 women who have non-invasive cancer which can be easily detected by screening and treated successfully.
5. In India 50% of the women diagnosed with breast cancer, die. In western countries only 14% will die of breast cancer, one of the biggest difference for this is early detection.
6. 95% of the breast cancer in USA occurs in the women age 40 years and above therefore screening starts at the age of 40.
7. Risk of Breast cancer doubles if your first degree relative (mother, sister, daughter) has breast cancer, and it triples if any two of them have it.
8. 85% of women who have breast cancer, do not have family history, so do not refrain from screening just because you don't have a family history.
9. Screening mammogram consists of low dose radiation, which is less than a chest x-ray (0.4msv). Risk of radiation hazard due to a mammogram far outweighs the benefits.
10. 70% of the cancers are found by women themselves but unfortunately it's too late by then. Hence do not wait till you find a palpable tumor and get screened.
11. The best way to overcome the disease is to be aware of risk factors and the preventative measures you can take.