

October is Breast Cancer Awareness Month

How common is breast cancer?

Except for skin cancer, breast cancer is the most common cancer in American women. On average, American women have a 1 in 8 chance of developing breast cancer. While it occurs almost entirely in women, men can get breast cancer, too.

Signs and symptoms

Finding breast cancer as early as possible gives you a better chance of successful treatment. Screenings can help find it in its early stages, before any symptoms appear. The most common symptom is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer. But breast cancers can be tender, soft or rounded. They can even be painful. For this reason, it is important to have any new mass, lump or change checked by a health care professional.

How much do daily habits like diet and exercise affect your risk?

Much more than you might think, according to the [American Cancer Society](#). The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the U.S. are related to body fat, physical inactivity, excess alcohol consumption and/or poor nutrition.

Ways to reduce your risk of breast cancer:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.



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TAKEN 
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Healthy Habits in Action

Wear pink for Breast Cancer Awareness Month. Send your photo(s) to wfht.tn@tn.gov or share on our social media sites.