

# BREAST CANCER AT A GLANCE

**#1**  
cancer affecting women in Bermuda

*Bermuda National Tumour Registry*

**HIGHER**

incidence rate in black women before 45

**LOWER**

survival rate in black women at every age

*American Cancer Society*



**1 in 8**

women will be diagnosed in their lifetime

*American Cancer Society*

## PREVENTATIVE MEASURES YOU CAN TAKE



**HEALTHY DIET**

Eat more fruits & vegetables



**EXERCISE REGULARLY**

At least 30 minutes and 5 times a week



**QUIT SMOKING**

Every cigarette damages your health



**REDUCE ALCOHOL**

Every drink increases your risk for cancer



**GET SCREENED**

Visit your doctor for regular check ups