

FINANCIAL ASSISTANCE

HEALTH AWARENESS
EVENTS

ASK THE DOCTOR

HEALTH EXAMS

COMMUNITY
BLOG



Headquarters

Woman 2 Woman BCF
4850 W Oakland Park Blvd , Suite 225,
Lauderdale Lakes, Fl 33313
info@w2wbcf.org | www.w2wbcf.org

Contact us at

ph: (954) 703-1529
tf: (800) 766-0135
Fax: (954) 306-6161



AFRICAN AMERICAN BREAST
CANCER FACT SHEET

Support for you and your family...
www.w2wbcf.org



**Woman2Woman
Breast Cancer
Foundation**

is working toward our mission to ensure, through information, early detection and support, no woman faces the consequences of breast cancer alone.

Woman2Woman and our affiliates strive to provide, breast health awareness through health fairs, and workshops.

“Breast cancer is the leading cause of death for women ages 40-55. African American women under the age of 45 are more likely to develop breast cancer than any other group of women.”

FACTS TO KNOW

- Breast cancer is the leading cause of death for women ages 40-55.
- African American women under the age of 45 are more likely to develop breast cancer than any other group of women.
- Each year breast cancer kills over 5,000 African American women. Among women 30-54 and 55-69 years of age, African Americans have the highest age-adjusted mortality rates.
- Although the incidence of breast cancer is lower among Black women, we have a

- If a woman's mother, grandmother or sister has had breast cancer, her risk for breast cancer is greater.
- But, 80 percent of the women who get the disease have no family history.
- A woman's reproductive history also has been linked with a greater incidence of breast cancer.
- Women who menstruated at an early age;
- Had their first child late in life;
- Did not have children; or
- Who experience menopause at a late

AFRICAN AMERICAN BREAST CANCER AWARENESS

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- Starting at 20 years of age, women should practice monthly breast self-examinations (BSE).
- African American women should have a clinical breast examination done by a physician at least once a year.
- Between the ages of 30 and 35, African American women should have at least one mammogram and then one every one to two years until age

communication with health care providers and family. Given the reality that young African American women are diagnosed with breast cancer at a much earlier age than other racial/ethnic groups. African American women should be able to access programs, screening and treatment at 30 years of age. We (Black Women for Wellness) will be advocating and lobbying our health care professionals, service providers and concerned elected officials to expand current efforts for the inclusion of African American women age 30 and above.

KNOW THE FACTS & SHARE THEM...

higher rate of breast cancer deaths.

- For Black women with breast cancer, the five-year survival rate is 70%, compares to 85% for white women.
- At time of diagnosis, 58% of breast cancers found in Black women have spread to areas beyond the breast.

RISK FACTORS

- While the cause of breast cancer remains unclear; several conditions have been linked to its development.

age seems to have an increased risk for developing breast cancer.

SYMPTOMS TO LOOK FOR

- If any of the following symptoms occur you should contact your health care provider and take a good friend:
- A lump or thickening in the breast or armpit;
- A change in the size or shape of the breast;
- A discharge from the nipple; or
- A change in the color or texture of the skin of the breast or areola (the darker colored ring around the nipple), such as dimpling and puckering.

DECREASING YOUR RISK

- Commit to a breast health program. It is clear that early detection greatly increases survival rates and give women more treatment options.

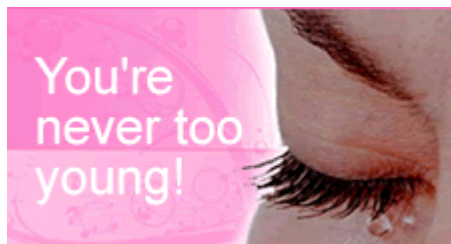
of 50. After 50, a woman should get a mammogram each year.

REDESIGN YOUR DIET & EXERCISE

- Limit your daily fat intake. A diet high in fat (especially animal fat) is known to increase the risk of breast cancer.
- Consume plenty of vegetables such as broccoli, brussels sprouts, cabbage, turnips, bok choy, kale and greens. Steam them or eat them raw to best preserve their cancer fighting nutrients.

BWWLA POLICY

African American women need to receive a baseline mammogram as early as age 30. Current policy and programs target women 40 years and older. Depending on a self assessment of risk factors,



Call us today

(800) 766-0135

woman
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Breast Cancer Foundation