

# FACTS & MYTHS ABOUT

# breast CANCER



*myth*

A family history of breast cancer means you're likely to develop it too.

*fact*

Only 10% of diagnosed individuals have a history of breast cancer.

*myth*

Men don't get breast cancer; it affects women only.

*fact*

Approximately 2,190 men will be diagnosed each year. While the probability is lower, they should still self-exam.



*myth*

Antiperspirants and deodorants cause breast cancer.

*fact*

The National Cancer Institute are not aware of any conclusive evidence linking underarm products with subsequent development of breast cancer.



*myth*

There's nothing you can do to lower your risk of breast cancer.

*fact*

To keep risk as low as possible, maintain a healthy weight, exercise regularly, and limit the amount of alcohol you drink.

