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Five Reasons Why *Young Women* Should Perform a Breast Self Exam

1. Breast cancer is the most common cancer among women of all ages, except certain skin cancers. The most proven and significant risk factors are being female and getting older.
2. Young women's cancers are generally more aggressive and result in lower survival rates – making early detection even more important.
3. Mammography is not recommended for most women until age 40. This sometimes results in younger women being diagnosed later, and possibly lowering their chance of survival.
4. Young women tend to have thicker breast tissue than older women, making diagnosis difficult. This makes it vitally important for younger women to become familiar with how their breasts look and feel through monthly breast self exam beginning by age 20.
5. With one in eight American women at risk of developing breast cancer in her lifetime, it is never too early to establish good breast health practices.

If you notice a change in your breast through breast self exam, contact your health care provider for further evaluation immediately. For more information about young women and breast cancer, visit www.komen.org.

**For additional information or to schedule an interview with a Komen Pittsburgh Affiliate representative or breast cancer survivor, please contact McMahon & Cardillo Communication
412-490-0303 - Sue Cardillo x3 or Stephanie Lewis x7.**