



BREAST & OVARIAN CANCER IN BLACK WOMEN

Cancer is a scary topic, but cancer is more treatable and survivable when caught early.

- Breast cancer is the most common cancer in the world.
- Ovarian cancer is the deadliest gynecological cancer.
- The biggest risk factors for both are having ovaries and getting older.
- Breast and ovarian cancer are sometimes genetically linked. A family history of breast, ovarian, prostate, or pancreatic cancer puts you at higher risk for these cancers.
- Younger people can develop cancer and so can people with no family history.

RISK & OUTCOMES FOR BLACK WOMEN

- Black women have the highest rate of triple negative breast cancer (an aggressive and difficult to treat form of breast cancer), more aggressive breast cancers developing at earlier ages, and the lowest survival rate for both breast and ovarian cancer.
- Compared to the average population, Black women are 45% more likely to die from breast cancer and 15% more likely to die from ovarian cancer once diagnosed.

Source: <https://bit.ly/CDCDemographics>



RIVKINCENTER

KNOWLEDGE IS POWER. BE PROACTIVE ABOUT YOUR HEALTH.

Because of the limited representation of Black, Indigenous, and People of Color (BIPOC) individuals in cancer research, it is extra important to know your biological family health history (if available).

Take Action

Share your family history (if known) of breast, ovarian, prostate, and pancreatic cancer with your healthcare provider. Work with them to create a plan to monitor your health (for example, when to start getting mammograms).

Because Black individuals are at higher risk for aggressive breast cancers, it is important to know the symptoms of breast cancer so that you can catch it early.

Take Action

Practice monthly breast self-exams as described on the next page. If anything is new or different to you, get it checked out.

Due to bias in the healthcare system and systemic racism, it is especially important to find a healthcare provider you trust and who makes you feel heard.

Take Action

Bring a trusted friend or family member to your appointments to help advocate for you and your health concerns and to help you process information.

Many factors play into a person's risk. Some are within your control. Some are not.

Take Action

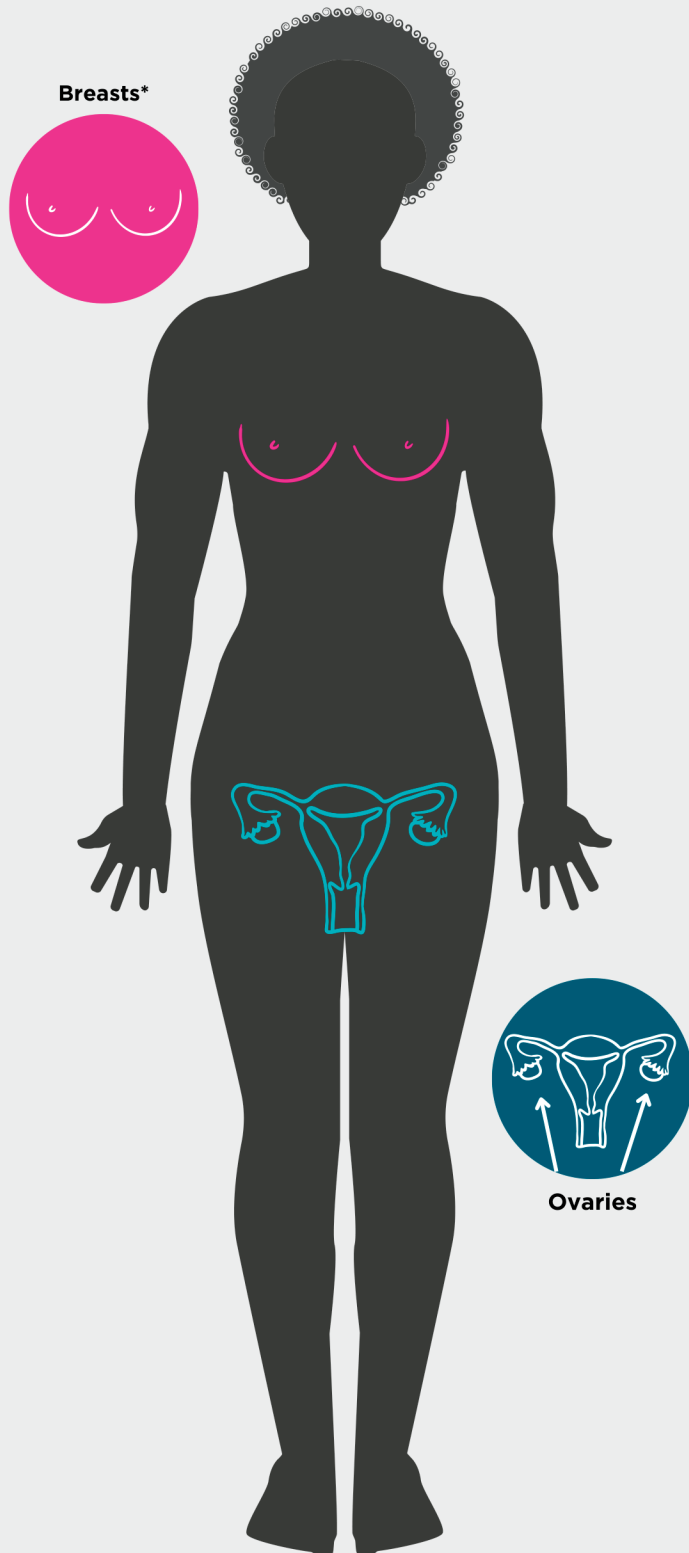
Take control of the risk factors you can. The following are scientifically proven to decrease cancer risk:

- Be physically active & maintain a healthy weight
- Limit alcohol intake & do not smoke
- Eat a healthy, balanced diet

KNOW YOUR BODY and the symptoms of breast and ovarian cancer. No one knows your body better than you do. You are always your best advocate.

These symptoms can also be caused by conditions that are not cancer, but if you notice anything that is **NEW** or **DIFFERENT** to you, get it checked out. Provide as many specifics as possible to your healthcare provider. What kind of symptom are you experiencing? How long have you been experiencing it? Has it gotten worse?

AREAS OF THE BODY WE ARE TALKING ABOUT



BREAST CANCER SIGNS & SYMPTOMS

Look for:

- Changes in outline or shape
- Changes in look or feel of skin, such as puckering or dimpling
- Changes in nipple position, such as being pulled up or pointing differently
- Nipple discharge or bleeding from the nipple
- A rash on or around the nipple or on the breast

Feel for:

- Anything new and different. Not all cancer shows up as a lump. It could feel like a string bean, a Twinkie, or a cluster of uncooked rice
- Thickening or bumpy areas on the breast or armpit that differs from the same part of the other breast and armpit
- Moist, red areas on the nipple that don't heal easily
- Site may or may not be painful

*At the same time each month, look at and touch the entire breast area from top to bottom, side to side - from your collarbone to the top of your abdomen, and from armpit to armpit.

OVARIAN CANCER SIGNS & SYMPTOMS

The four most common signs and symptoms for ovarian cancer are:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Frequent or urgent urination

These symptoms are very common and usually they are not ovarian cancer.

But, if any of these symptoms are new, persistent, and progressive (lasting two or more weeks a month and for less than a year), get it checked out.

There is no standard screening recommendation for ovarian cancer (like regular mammograms to check for breast cancer) so it is important to know your normal. A Pap smear **ONLY** screens for cervical cancer.