

How much do you know about breast cancer?

True or false ?

- a) 15 % of breast cancer cases are linked to regular, even moderate, alcohol consumption.

True. Breast cancer is the type of cancer most commonly caused by alcohol in women. Even one drink a day can increase the risk of developing breast cancer.

- b) If no one in your family has had cancer, there's no need to worry.

False. 70–80 % of women diagnosed with breast cancer have no family history of the disease.

- c) Breast cancer is becoming more common in younger women.

True and false. Some recent studies suggest an increase in breast cancer cases among younger women. However, in Luxembourg, over 86 % of cases are still diagnosed in women over the age of 45.



PINK OCTOBER



Take care of your breast



Breast cancer in Luxembourg

In Luxembourg, breast cancer is the most common cancer affecting women. An estimated 1 in 8 will be diagnosed during her lifetime.

The mammography programme

Many women with breast cancer show no symptoms. Early detection through mammography can identify tumors that are too small to feel and have no visible signs.



By invitation



For all women aged
45 to 74*



Every two years

* Covered by the CNS

BREAST CANCER



In brief

There is no guaranteed way to prevent breast cancer, but there are steps you can take that may reduce your risk:

- Get screened.
- Know what is normal for you so you can spot any changes in your breasts.
- Have your breasts examined once a year by a healthcare professional.
- Live a healthy lifestyle.

**For more
information :
cancer.lu**

