



**friends.  
mothers.  
daughters.  
visionaries.  
queens.  
rulers.  
women.**

**1 IN 8 WOMEN IN THE U.S. WILL BATTLE SOME FORM OF  
BREAST CANCER DURING THEIR LIFETIME.**

**1 IN 1000 MEN FACE THE SAME RISKS.**

**MOST COMMON INVASIVE CANCER IN WOMEN.**

**2<sup>ND</sup> LEADING CAUSE OF CANCER DEATH IN WOMEN.**

#### **RISK FACTORS**

- Family history
- Reproductive history
- Lifestyle and environment
- Unhealthy habits
- Dense breasts
- Prior radiation
- Chemical exposure
- Low Vitamin D
- Sun tanning

#### **PREVENTION**

- Home breast exams
- Annual doctor visit
- Annual mammograms
- Healthy weight
- Regular exercise
- Limiting alcohol
- Nutritious diet
- Avoid smoking

Make an appointment to talk with your PMR Healthcare Provider today.  
We're looking forward to helping you live your happiest, healthiest life!

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#### **PMR CLINIC at JOHNSON MEMORIAL HEALTH**

1159 W Jefferson St, Ste 101  
Franklin, IN 46131

Email: [pmrjmh@pmrhealthcare.com](mailto:pmrjmh@pmrhealthcare.com)

Call: (317) 346-7970

[www.pmrjmhfranklin.com](http://www.pmrjmhfranklin.com)

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